



November | 2025

VIRTUAL CLASSES through **televēda**

WEEK 1	3 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	4 Tuesday 8:30 a.m. All Levels Yoga 10 a.m. Sr Mindfulness 2.0 11 a.m. Sr Watercolor \$	5 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 5 p.m. Desert Plant Adaptations 6 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Sketching Still Life \$	7 Friday 8:30 a.m. Ageless Yoga
WEEK 2	10 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	11 Tuesday	12 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 5 p.m. Cave Critters 13 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Sketching Still Life \$	14 Friday 8:30 a.m. Sr Exercise 8:30 a.m. Ageless Yoga 12:30 p.m. Sr Musical Bingo
WEEK 3	17 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	18 Tuesday 8:30 a.m. All Levels Yoga 10 a.m. Sr Mindfulness 2.0 11 a.m. Sr Watercolor \$	19 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 20 Thursday 8:30 a.m. Stretch & Mobility 4 p.m. Sketching Still Life \$	21 Friday 8:30 a.m. Sr Exercise 8:30 a.m. Ageless Yoga 12:30 p.m. Sr Musical Bingo
WEEK 4	24 Monday 8:30 a.m. Sr Exercise 10 a.m. Chair Yoga 12:30 p.m. Sr Musical Bingo 2 p.m. Meditation Monday	25 Tuesday 8:30 a.m. All Levels Yoga 10 a.m. Sr Mindfulness 2.0	26 Wednesday 8:30 a.m. Sr Exercise 12:30 p.m. Sr Bingo 27 Thursday	28 Friday
WEEK 5	Click here to access classes			

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