

# April 2024 Calendar



Use your Internet device to go to [televeda.com](https://televeda.com) and click the big purple button that says "JOIN CLASS."

The most updated dates and times for classes will always be on [live.televeda.com/class-schedule](https://live.televeda.com/class-schedule)

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>Make sure to check out all our On-Demand options available throughout the week! <b>Times are in MST</b></p>	<p>1</p> <p>11am: Drawing &amp; Painting</p>	<p>2</p> <p>11am: Strength Training 1pm: Brain Games 4pm: Zumba Gold®</p>	<p>3</p> <p>11am: Chair Yoga 3pm: LGBTQ2S+ Safe Space</p>	<p>4</p> <p>10am: Zentangle® 11am: Strength Training 12:30pm: Bingo 4pm: Zumba Gold® 6pm: Veteran Support Circle</p>	<p>5</p> <p>8:30am: Sr Exercise 9am: Gentle Yoga 12:30pm: Sr Musical Bingo 3pm: Sr Oil Painting</p>	<p>6</p>
<p>7</p> <p>Make sure to check out all our On-Demand options available throughout the week! <b>Times are in MST</b></p>	<p>8</p> <p>11am: Drawing &amp; Painting</p>	<p>9</p> <p>11am: Strength Training 12:30pm: Brain Games 4pm: Zumba Gold®</p>	<p>10</p> <p>11am: Chair Yoga 11am: Ageism 3pm: LGBTQ2S+ Safe Space</p>	<p>11</p> <p>10am: Zentangle® 11am: Strength Training 12:30pm: Bingo 4pm: Zumba Gold® 6pm: Veteran Support Circle</p>	<p>12</p> <p>8:30am: Sr Exercise 9am: Gentle Yoga 12:30pm: Sr Musical Bingo 3pm: Sr Oil Painting</p>	<p>13</p>
<p>14</p> <p>Make sure to check out all our On-Demand options available throughout the week! <b>Times are in MST</b></p>	<p>15</p> <p>11am: Drawing &amp; Painting</p>	<p>16</p> <p>11am: Strength Training 12:30pm: Brain Games 4pm: Zumba Gold®</p>	<p>17</p> <p>11am: Chair Yoga 3pm: LGBTQ2S+ Safe Space</p>	<p>18</p> <p>10am: Zentangle® 11am: Strength Training 12:30pm: Bingo 4pm: Zumba Gold® 6pm: Veteran Support Circle</p>	<p>19</p> <p>8:30am: Sr Exercise 9am: Gentle Yoga 12:30pm: Sr Musical Bingo 3pm: Sr Oil Painting</p>	<p>20</p>
<p>21</p> <p>Make sure to check out all our On-Demand options available throughout the week! <b>Times are in MST</b></p>	<p>22</p> <p>11am: Drawing &amp; Painting</p>	<p>23</p> <p>11am: Strength Training 12:30pm: Brain Games 4pm: Zumba Gold®</p>	<p>24</p> <p>11am: Chair Yoga 3pm: LGBTQ2S+ Safe Space</p>	<p>25</p> <p>10am: Zentangle® 11am: Strength Training 12:30pm: Bingo 4pm: Zumba Gold® 6pm: Veteran Support Circle</p>	<p>26</p> <p>8:30am: Sr Exercise 9am: Gentle Yoga 12:30pm: Sr Musical Bingo 3pm: Sr Oil Painting</p>	<p>27</p>
<p>28</p> <p>Make sure to check out all our On-Demand options available throughout the week! <b>Times are in MST</b></p>	<p>29</p> <p>11am: Drawing &amp; Painting</p>	<p>30</p> <p>11am: Strength Training 12:30pm: Brain Games 4pm: Zumba Gold®</p>	<p>31</p> <p>11am: Chair Yoga 3pm: LGBTQ2S+ Safe Space</p>			

# Featured Classes



**Creative Writing:** Make sure to try out Creative Writing every Wednesday going forward; Dr. Janis Collins will guide you through fun exercises to challenge your creativity and expand your writing skillset. Complete beginners to creative writing are welcome!

**Chair Yoga:** Designed to relax the body and mind with peaceful and invigorating movements, Chair Yoga is suitable for nearly every fitness level. Move through a series of seated yoga poses that will increase flexibility, balance, and range of movement. Yogis will also learn restorative breathing and relaxation exercises that will promote stress reduction and mental clarity.



**Televeda Bingo:** Join the digital bingo platform on Thursdays. This virtual bingo game automatically generates a card for you on screen, so there no need to print one before! Win prizes every week!



# Featured Instructors & Hosts



SEAN A.  
Digital Bingo & Brain  
Games Host



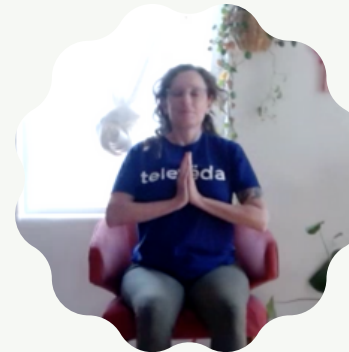
LAURA G.  
Strength Training  
Instructor



MWENI E.  
Zumba Gold Instructor



JANIS. C  
Creative Writing Host



EMILY B.  
Chair Yoga Instructor



VAL  
Zentangle Host



TAL  
Drawing & Painting  
Instructor

# Featured Member Reviews

**We love hearing from you!**  
**Please fill out the post-class feedback class to share your experience with us.**



## Creative Writing

*JANIS MAKEs this class interesting. I LOOK FORWARD TO NEXT WEEK. THANX!!!!!!!!!!!!*



## Zentangle

*Val is such a great teacher! She's so patient and encouraging. And I love the tangles and patterns she chooses every week. This is one of my favorite online classes, and you know I take a lot!*



## Chair Yoga

*I look forward to Chair Yoga with Emily. Afterwards I am filled with serenity and energy. An amazing class!*



## Zumba Gold

*First time, ever, for me to do Zumba. It was a good pace for me. I am tired, yet energized. I'm glad I've been attending Strength training with Laura, so I am in good enough shape to keep up with Mweni.*



## Brain Games

*Sean is a great guide! Brain games is always so much fun. More!*



## Strength Training

*This class is fabulous! Just what I've been looking for in a weights class. Thank you Televeda and Laura!!*





# Class Descriptions

**Bingo:** Test your luck and meet new friends with a Bingo game almost every day of the week. Check out [live.televeda.com/class-schedule](https://live.televeda.com/class-schedule) for more instructions about each type of game played (like Musical Bingo)!



**Brain Games:** Try out trivia, Scattergories, word unscrambling games, and more to stretch those brain muscles and have fun!

**Creative Writing:** Dr. Janis Collins will guide you through fun exercises to challenge your creativity and expand your writing skillset. Complete beginners to creative writing are welcome!

**Drawing & Painting:** Learn from internationally acclaimed artist Tal Dvir on a blend of drawing and painting modalities. Please check [live.televeda.com/class-schedule](https://live.televeda.com/class-schedule) for weekly supplies.

**Everyday Well-Being with Banner:** Learn everyday tips and tricks that can keep you healthy and safe. This interactive program covers exercise and balance training, wellness and community resources, fire and burn safety, and much more.

**Interview with a Theater:** Join a lively Q&A session that Theater Works and Arizona Broadway Theatre (ABT) offers after certain show performances!





# Class Descriptions



**Smithsonian Classes:** Explore captivating subjects from history to art, led by knowledgeable instructors, all from the comfort of your home. In partnership with the prestigious Smithsonian Institution.

**Pitch In:** Come listen to local founders share their ideas. Explore what is happening across the Peoria Valley by listening to local founders share their ideas. Led by the local community and open to the public, all are welcome! You can also join Innovator's Collide after Pitch In for some office hour help.

**Social Media:** Learn how to connect with friends and family all over the world by making the most of Instagram, Snapchat, YouTube, and TikTok.

**Strength Training:** Every Tuesday and Thursday, work on strength exercises designed to improve strength and endurance using equipment you can find around the house if you don't have any weights at home!

**Televeda Town Hall:** Held quarterly throughout the year, this is your opportunity to shape the Televeda community. Please come join this 30-minute “town hall” to share your suggestions, improvements, questions, and comments about Televeda, its offerings, and more.





## Class Descriptions



**Wellness Wednesdays:** Wellness Wednesday webinars are a bi-monthly series featuring cutting-edge researchers, best-selling authors, and health professionals.

- Combine scientific evidence with practical advice
- Include live Q&A
- Are recorded
- Free to the community

**Yoga:** Try our yoga classes, starting with Wake Up with Yoga on-demand and continuing throughout the week with Chair Yoga for enhanced balance, flexibility, mobility and strength.

**Zentangle®:** Now offered weekly! Easy-to-learn and fun way to create beautiful images by drawing structured patterns resulting in increased focus, creativity, self-confidence and sense well-being.

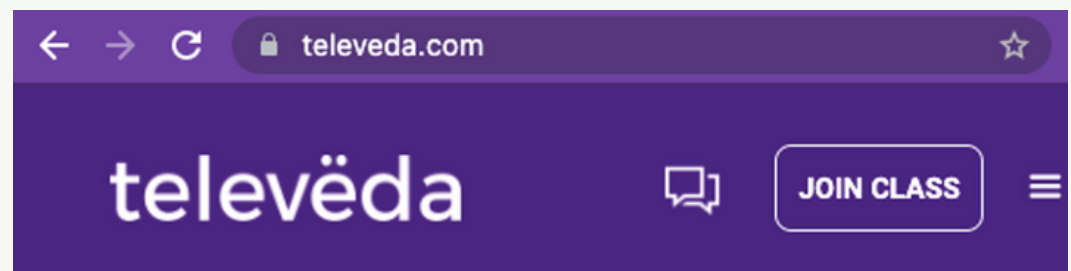
**Zumba Gold®:** This evening class held twice a week is an incredibly fun dance class modified for older adults and focus on balance, range of motion, and coordination. Enjoy Latin and international music with dance move to help improve cardiovascular fitness.





## How to Join a Class

1. You'll need a device with Internet connection, either a computer, laptop, smartphone, GrandPad, iPad, or others.
2. Open an Internet browser (like Google, Chrome, Firefox, etc.) and type in [televeda.com](https://televeda.com).
3. Click the big purple "Join Class" button at the top right of the screen, as you see in this picture. You're in!



## How to Register

1. If you aren't a Televeda member yet, don't worry!
2. You can easily sign up for free. Go to an Internet browser and typing [televeda.com](https://televeda.com). Click "Join Class" (see image above) and then click "No account yet? Click here to sign up."
3. Follow along with the instructions on the screen to get registered. If you have any questions, just call our toll-free number: 833-299-1449.