

# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
				<div>1</div> <div>12:30PM: Strength Building 1:00PM: Trivia 2PM: Tai Chi 4PM: Bingo</div>	<div>2</div> <div>2PM: Story Exchange (Discussion Group)</div>	<div>3</div>
<div>4</div>	<div>5</div> <div>11:30AM: Yoga 12:30PM: Gentle/Stretch Yoga 2PM: Drawing &amp; Painting</div>	<div>6</div> <div>12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Scattergories</div>	<div>7</div> <div>2PM: Chair Yoga 4PM: Bingo</div>	<div>8</div> <div>12:30PM: Strength Building 1PM: Trivia 2PM: Tai Chi 4PM: Bingo 5PM: Chit Chat with Rabbi Levi</div>	<div>9</div> <div>2PM: Zentangle by Marty  4PM: Texas and the Civil War</div>	<div>10</div>
<div>11</div>	<div>12</div> <div>11:30AM: Yoga 12:30PM: Gentle/Stretch Yoga 2PM: Drawing &amp; Painting</div>	<div>13</div> <div>12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Wheel of Fortune</div>	<div>14</div> <div>2PM: Chair Yoga 4PM: Bingo</div>	<div>15</div> <div>12:30PM: Strength Building 1PM: Trivia 2PM: Tai Chi 4PM: Bingo</div>	<div>16</div> <div>2PM: Let's Talk Tech (Learn Twitter)  3:30PM: Bingo &amp; Talent Show with PP High School</div>	<div>17</div>
<div>18</div>	<div>19</div> <div>11:30AM: Yoga 12:30PM: Gentle/Stretch Yoga 2PM: Drawing &amp; Painting</div>	<div>20</div> <div>12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Scattergories</div>	<div>21</div> <div>2PM: Chair Yoga 4PM: Bingo</div>	<div>22</div> <div>12:30PM: Strength Building 1PM: Trivia 2PM: Tai Chi 4PM: Bingo 5PM: Chit Chat with Rabbi Levi</div>	<div>23</div> <div>2PM: Book Chat  3:30PM: Sattriya A Classical Dance Tradition by Penn Museum</div>	<div>24</div>
<div>25</div>	<div>26</div> <div>11:30AM: Yoga 12:30PM: Gentle/Stretch Yoga 2PM: Drawing &amp; Painting</div>	<div>27</div> <div>12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Wheel of Fortune</div>	<div>28</div> <div>2PM: Chair Yoga 4PM: Bingo</div>	<div>29</div> <div>12:30PM: Strength Building 1PM: Trivia 2PM: Tai Chi 4PM: Bingo</div>	<div>30</div> <div>2PM: Let Your Imagination Create a Story 3:30PM: Virtual Field Trip by Joshua Tree National Park</div>	

All times are in Eastern Standard Time

\*RED:

Classes hosted by experts from around the world.

\*GREEN:

New Classes!

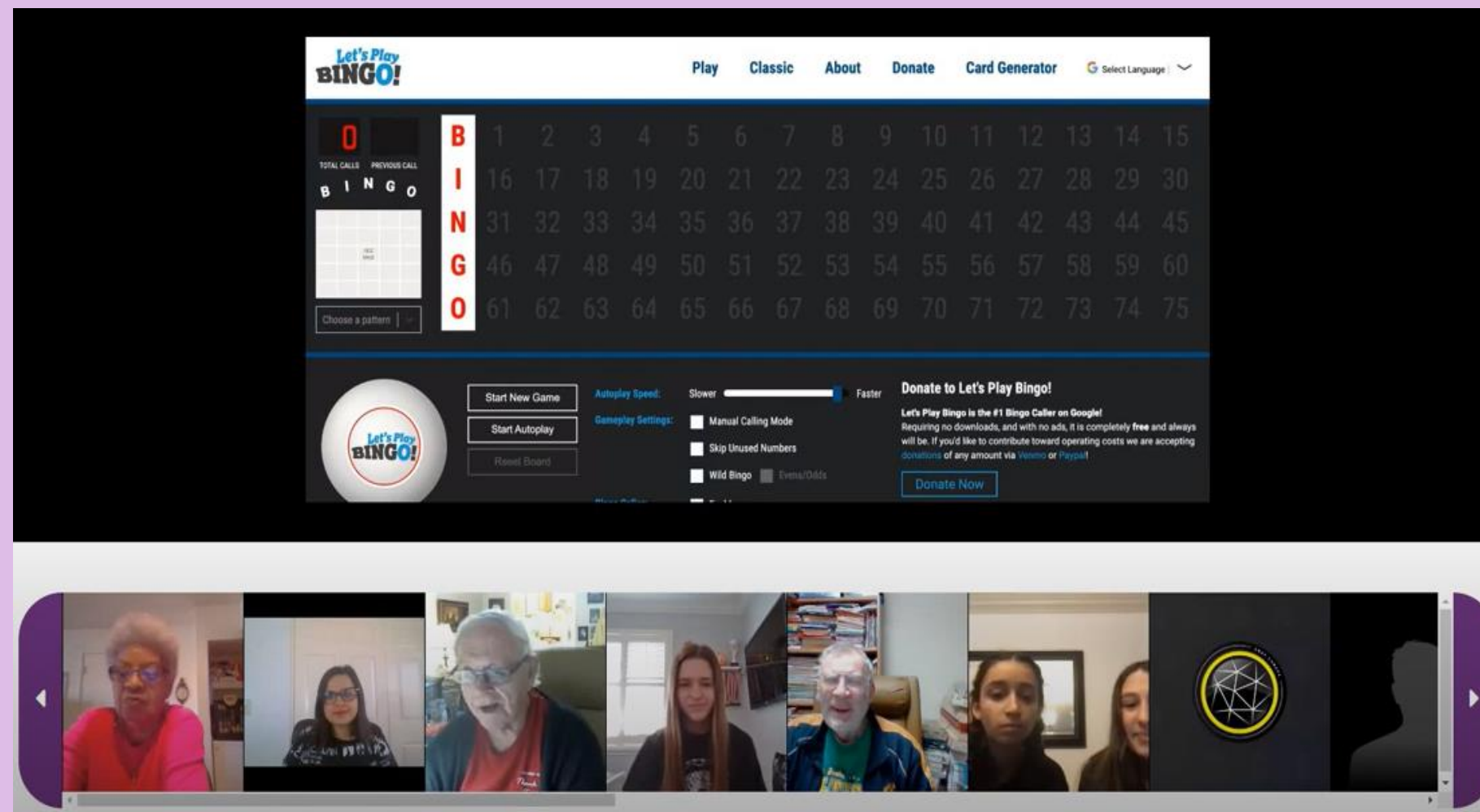
(Times are in EST)

## Course Description

televëda

### Bingo & Talent Show with Pembroke Pines High School

The incredibly talented high school students from Pembroke Pines School, Florida will be hosting a special Bingo Game! Students will be showcasing their singing and musical instruments talents as well. Don't miss this fun event!



## Course Description

### Myths and Unsolved Mysteries of the Texas Revolution

What were the causes of the Texas Revolution? What key players and events helped a small group of revolutionaries achieve independence from Mexico? There are some mysteries to the story we may never solve. Sort through the fact and fiction of this epic moment in Texas history through an artifact adventure and discover why the Texas Revolution is crucial to understanding American history.



*The Bullock Texas State History Museum is a history museum in Austin, Texas. The museum is dedicated to interpreting the continually unfolding "Story of Texas" through meaningful educational experiences.*



## Course Description

### Virtual Field Trip by Joshua Tree National Park

Consider this your chance to take a break from your busy day to visit the Joshua Tree National Park. You'll learn about the unique plants and animals that have adapted to this desert and see these plants and animals in their natural habitat.



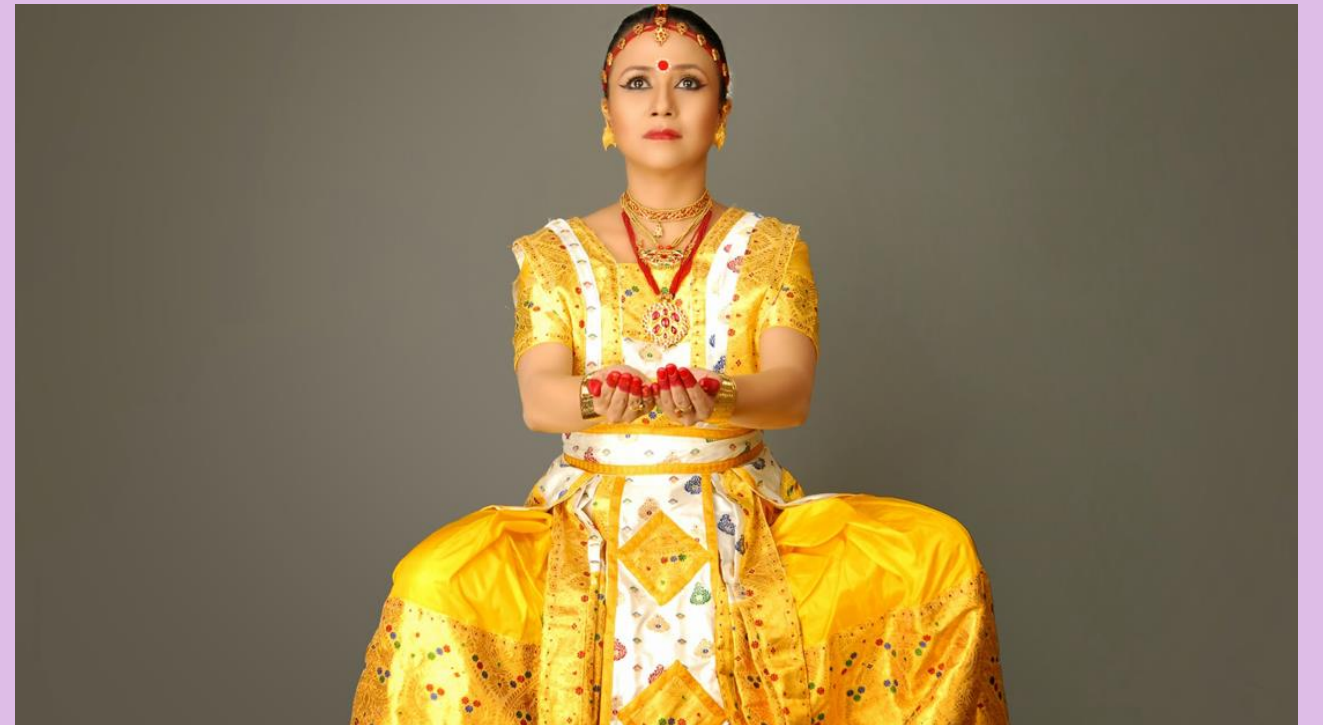
## Course Description

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### Sattriya Dance: A Classical Dance Tradition by Penn Museum

Join classical Indian dancer Madhusmita Bora to trace her incredible journey as a movement artist and passionate steward of *Sattriya*, a monastic dance form from northeast India traditionally performed by male monks.

Experience key elements of the dance and explore the deep history of *Sattriya*, from its origins in religious practices to its official recognition as a classical dance performed by both women and men.



***Madhusmita Bora is an Assamese-American dancer, teacher, writer, filmmaker, and cultural producer. She founded Sattriya Dance Company in 2009 to raise awareness for Sattriya.***



## Course Description

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### Drawing & Painting

This workshop is for everyone to explore self-expression and find meaningful friendships within a supportive and creative community. Whether you are a seasoned artist or a beginner just looking to explore, this is the place! Learn the basics of sketching and drawing with artist Tal Dvir.

*Painting contemporary impressionism and realism, artist Tal Dvir's work is a reflection of life and its surroundings. At 16, he was admitted to the prestigious Witzo School of Art. His work has been displayed nationally and internationally, including in Tel Aviv, California and Arizona.*

### Book Chat

What genres and book topics do you find the most interesting? Let's talk about your favorite story, poem or just enjoy a friendly banter. This delightful session is hosted by one of your fellow televëda members! Don't forget to invite your friends.

*Ms. Marty will be guiding you through this discussion. Check out the books in advance on televëda's Facebook group.*

## Course Description

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### Let's Talk Tech (Learn Twitter)

Here's your chance to learn all there is to know about Twitter! How to sign up, how to tweet, hashtags and the whole 9 yards of this social media platform.



## Course Description

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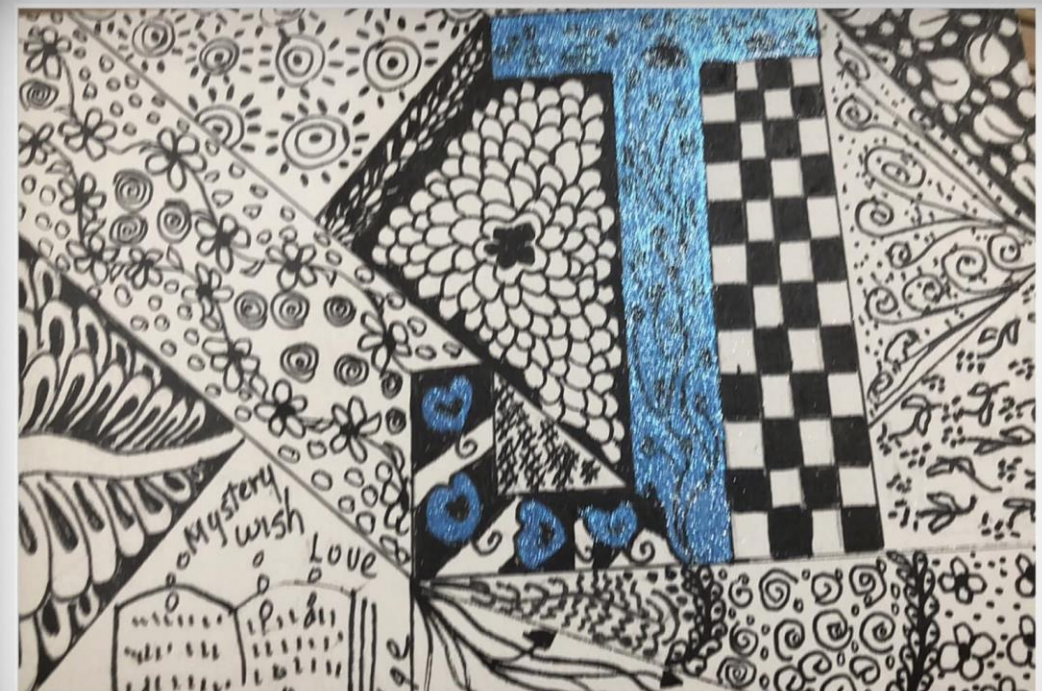
### Zentangle

Ever heard about *Zentangle*? It's a fun and relaxing way to create images. See imagine to the right created by a fellow televëda friend. It's done by creating tiles and patterns and is a less intimidating way to enjoy art as a beginner.

*Hosted by your fellow televëda member, Ms. Marty McFeaters.*

Materials needed:

- Very thin sharp sharpie or sharp pencil
- Art paper or back of an index card
- Small ruler





## Course Description

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### Zen Flow

Experience a seated Zen Flow Class which combines guided meditation through singing bowls, breathing and seated Tai Chi. Learn about the importance of breathing techniques, movement and mindfulness.

Experience a guided session of calming singing bowls, centering and relaxing meditation that will flow into a seated light movement routine suitable for all levels.

### Afternoon Chitchat with Rabbi Levi

Join Rabbi Levi in discussing the history, traditions, and spirituality of the Jewish culture. From interpreting the Torah, to learning the different aspects of Judaism, this discussion group is a safe space to grow your faith, ask questions, and ponder the teachings of God. All faiths are welcome.

## Course Description

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### Let Your Imagination Create a Story

Have you ever wondered what asking beautiful questions can create? In this session, “we invite you to let your imagination soar to create your very own story! There is no right or wrong answers to storytelling, just sharing and expressing yourself through words, sounds and movements. Let’s create together a story unlike any other.

Mandy Huffaker is a certified Recreation Therapist for the past 17 years. She’s a native to Arizona, a wife, and mother to three adventurous and rambunctious boys.



**Let Your  
Imagination Create  
a Story**



## Course Description

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### Yoga

Come and join us as we move through a series of graceful yoga poses that will definitely help improve mobility, better respiration, reduce anxiety and many more health benefits that comes with it. This is suitable for all levels, so make sure to grab your friends!

### Tai Chi

Tai Chi is an easy-to-learn and easy-to-follow chair based form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing to help improve well-being and focus.

### Trivia

It's game time! televëda's host leads 5 rounds of interactive trivia based games that will keep your mind active. Play individually, or on a team. Gain points as you go, and see what prizes you can win! Wanted to be on Jeopardy with Alex Trebek? This is your chance to get close!

### Chair Yoga

Move through a series of seated yoga poses designed to increase flexibility, balance and range of motion. Perfect for all levels, this class energizes you from head to toe.



## televëda Bingo!

# televëda

We understand you all LOVE bingo! So do we! We want to make sure you continue to play, win and enjoy the game by switching to online Bingo.

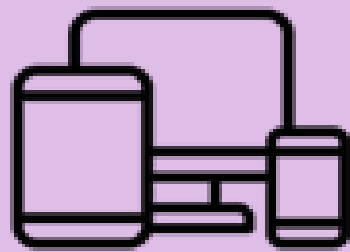
If you wish to be a part of this awesome experience, please print three (3) Bingo tickets from any online resource available to you. If you'd like us to send you tickets, please email us at [info@televeda.com](mailto:info@televeda.com) and we will email you the tickets before the game.

Good luck you'll!

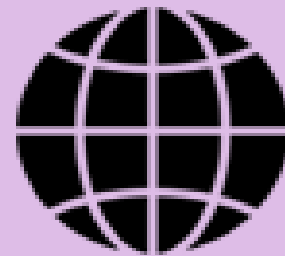


## How to Get Setup

**Step 1:** Need a computer, iPad, Tablet or smartphone with internet access



**Have a device**

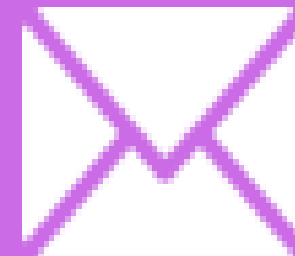


**Connect to  
the Internet**

**Step 2:** Call televëda at  
**+1 (833) 299-1449 (toll free)**  
and we will help you get



**Phone Support: +1 (833) 299-1449 (toll free)**

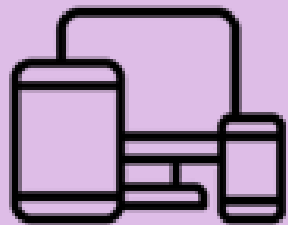


**Email: [info@televëda.com](mailto:info@televëda.com)**

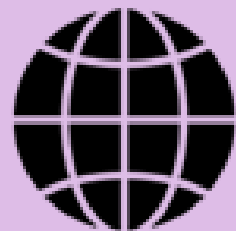
# How to Join Us

# televëda

## Step 1: Preparation



Have a device

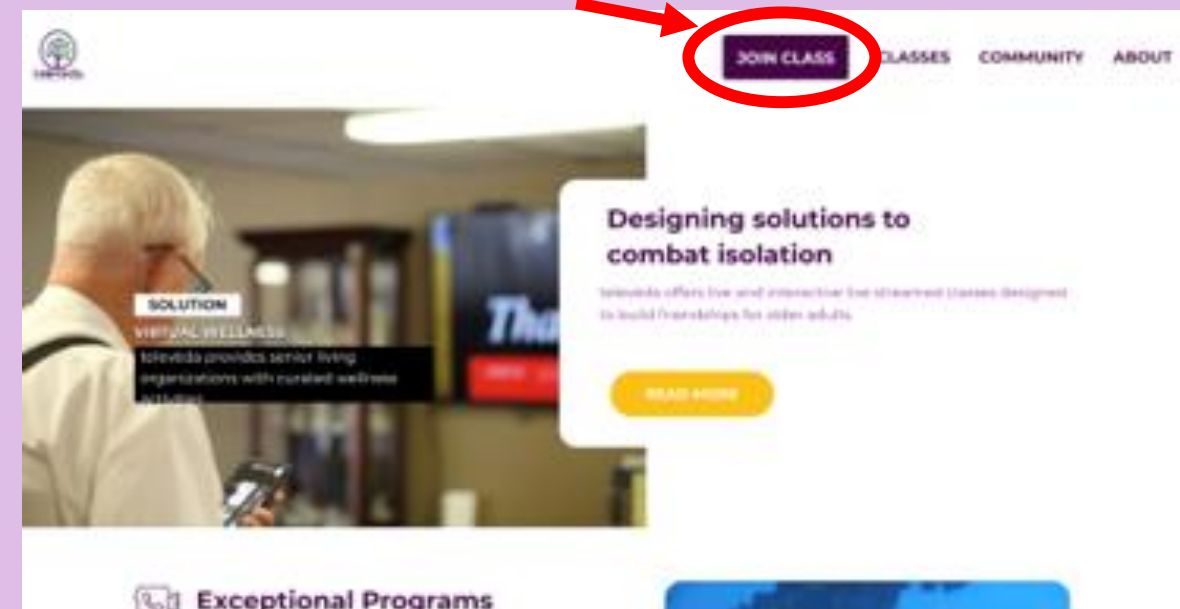


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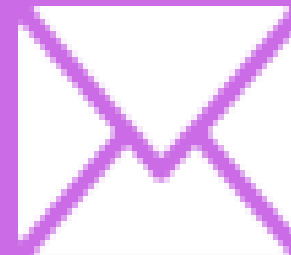


televëda's website  
([televeda.com](https://televeda.com) or  
[live.televeda.com](https://live.televeda.com))

## Step 2: Click “Join class”



Phone Support: +1 (833) 299-1449 (toll free)



Email: [info@televeda.com](mailto:info@televeda.com)