



MAY

televëda

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 4PM: Chandler Symphony Orchestra Chamber Concert!	3 11:30AM: Yoga 12:30PM: Gentle/ Stretch Yoga 2PM: Drawing & Painting	4 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Scattergories	5 10AM: Brain Games 1PM: Book Chat 2PM: Chair Yoga 4PM: Bingo	6 12:30PM: Strength Building 1PM: Trivia 1:30PM: Cooking 2PM: Tai Chi 4PM: Bingo	7 10AM: Bingo with UK 2PM: Yoga for Everyone (Gentle) 3:30PM: Rocky Through Time	8
9	10 11:30AM: Yoga 12:30PM: Gentle/ Stretch Yoga 2PM: Drawing & Painting	11 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Wheel of Fortune	12 10AM: Brain Games 2PM: Chair Yoga 4PM: Bingo 6PM: Crochet/Knit	13 12:30PM: Strength Building 1PM: Trivia 1:30PM: Cooking 2PM: Tai Chi 4PM: Bingo	14 2PM: Yoga for Everyone (Gentle) 3:30PM: Stories from the Tamil Diaspora	15
16	17 11:30AM: Yoga 12:30PM: Gentle/ Stretch Yoga 2PM: Drawing & Painting	18 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Scattergories	19 10AM: Brain Games 1PM: Medicare 2PM: Chair Yoga 4PM: Bingo	20 12:30PM: Strength Building 1PM: Trivia 1:30PM: Cooking 2PM: Tai Chi 4PM: Bingo	21 10AM: Bingo with UK 2PM: Yoga for Everyone (Gentle) 3:30PM: Cooking Hacks & Recipe Sharing	22
23	24 11:30AM: Yoga 12:30PM: Gentle/ Stretch Yoga 2PM: Drawing & Painting	25 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Zen Flow 3PM: Wheel of Fortune	26 10AM: Brain Games 1PM: Chair Yoga 4PM: Bingo 6PM: Crochet/Knit	27 12:30PM: Strength Building 1PM: Trivia 1:30PM: Cooking 2PM: Tai Chi 2PM: Chat w/Rabbi Levi 4PM: Bingo	28 2PM: Yoga for Everyone (Gentle) 3:30PM: Story Teller Program	29
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Dimensions of Wellness

***Spiritual**

***Physical Fitness**

***Intellectual/Cognitive**

***Social**

***Learning/Skills**

*We encourage you
participate in at least 1
class of each dimension
every week for holistic
wellness: nurturing the
body, mind, and spirit!*

*All times are in
Eastern Daylight
Time*

Course Description

Virtual Field Trip to Rocky Mountain National Park: *Rocky Through Time*

Learning/Skills

Live too far away? Weather too cold? You can still explore Rocky Mountain National Park from the comfort of home! Join Education Ranger from the Rocky Mountain National Park on this beautiful virtual trip.

Rocky Mountain National Park's 415 square miles encompass and protect spectacular mountain environments. Explore Trail Ridge Road—which crests at over 12,000 feet with many overlooks of the subalpine and alpine worlds—that covers 300 miles of hiking trails, wildflowers, wildlife, starry nights, and fun times. In a world of superlatives, Rocky is on top!



Course Description

Stories from the Tamil Diaspora by Praveen Vijayakumar by Penn Museum

Learning/Skills

What does it look like when worlds collide and create new communities? “Stories from the Tamil Diaspora” traces a Singaporean Tamil family’s history back to Tamil Nadu, India, in the early 20th century. The presenter shares experiences of British colonialism, Tamil performing arts practices, and Singapore’s transition from colony to an independent, multicultural, and global nation. Participants will gain intimate insight into Singaporean culture, much of which is reflected in its cuisines. Through storytelling, participants are invited to personally engage with global cultures, reimagine past histories, and discuss positive futures.



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PENN  **MUSEUM**

Course Description

Drawing & Painting

Learning/Skills

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

Social

What genres and book topics do you find 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. Ceil from Vermont will be guiding you through this discussion. Check out the books in advance on televëda's Facebook group.

Course Description

Story Teller Program

Social

Arouet is a non-profit empowering women and families impacted by the justice system to build strong communities. Participants prepare for re-entry, gain meaningful employment, receive financial resources, and create a solid foundation for their lives.

Storytellers is a way for Arouet to raise awareness about the challenges formerly incarcerated people have throughout their re-entry and how programs like Arouet's help them succeed.

Attend this storyteller program to learn inspiring stories and give the participants a voice to change hearts and minds.

Arouet was founded as a 501(c)3 by Jim Hooker and Vince Barsolo. Jim and Vince recognized a need to provide wrap-around social support for women who have been directly impacted by the justice system.



Course Description

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Medicare

Learning/Skills

The first step to understanding how Medicare works is learning more about the Medicare language and starting with Medicare basics, as well as learning about your rights and entitlements. Being educated by an experienced and knowledgeable professional can help ease your burden! Even if you're not a Medicare user, come learn the ins and outs of this healthcare service to support any friends or family you know on this plan!

Jody Cohen is an independent, licensed and certified Medicare Plans Specialist and Educator who specializes in educating and helping Arizona seniors understand the healthcare options available to them in the Medicare platform.



Cooking Hacks & Recipe

Sharing

Learning/Skills

Bring your best recipes and cooking tips to this cooking class! We want to hear from all of our members: what are your go-to recipes, easiest dinners, and family baking secrets (don't worry—it will stay between us!) We'll start the class with a healthy, easy-to-make dessert recipe, and then get to all the sharing. Want to just come to learn? Great! We can't wait to see you there!

Maddie Hogan is an avid baker and cook who loves to experiment and try new healthy recipes whenever she can.



Course Description

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Yoga for Everyone (Gentle)

Physical Fitness

These classes are specifically designed to help improve body awareness, longevity, and inside-out wellbeing through gentle and stretching movement. This class is great for anyone who is looking to develop and maintain a deeper connection to their body with an emphasis on the breath, mobility, and movement.

Stacie Dooreck is the Author of SunLight Chair Yoga: Yoga for Everyone! books & Ahimsa: nonviolent eating and living. She's a Certified Sivananda Yoga Instructor since 1995 (25+ years), Certified Gentle Integral and Kundalini Yoga teacher, Stress Management Specialist for Ornish programs: heart disease reversal and Alzheimer's research study on lifestyle medicine (2018-2021) and she teaches yoga, gentle yoga and meditation courses.



Course Description

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Crochet

Learning/Skills

In this class you will learn the basics of crochet, ideal for a beginner. If you've crocheted before, you will probably know most of these basic skills, but you could still learn a thing or two that you didn't know before! We'll be learning how to hold the yarn, how to chain, and learning the single crochet, double crochet, and half double crochet stitches. We will also be discussing basic yarn knowledge, and how to read a basic pattern. Plus, it's fun!

Materials needed:

- *Crochet hook*
- *Yarn of any size or color*



Danielle Distefano is an entrepreneur living in Lancaster County, PA. Her yarn journey began when she was 8 years old, and her grandmother taught her how to knit a simple garter stitch with size 9 needles--that she still has to this day. Now she writes her own patterns and loves teaching others how to get started in the world of yarn arts!

Course Description

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Zen Flow

Physical Fitness

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

Spiritual

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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Yoga

Physical Fitness

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

Physical Fitness

Tai Chi is an easy-to-learn and easy-to-follow chair based 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

Intellectual/Cognitive

It's game time! Come join a wide range of games that help boost your mental health and acuity. From word scramble, to Sudoku, to good-old-fashioned trivia, get ready to learn more every week you join, and laugh—a lot!

Chair Yoga

Physical Fitness

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 and helps you feel productive all week long!

Bingo!

Social

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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 support@televeda.com and we will email you the tickets before the game.

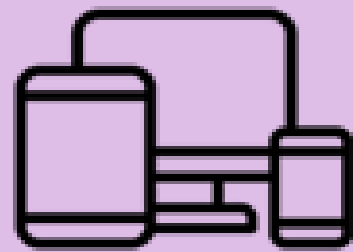
Good luck, and get ready to make some new friends in this fun, interactive game.



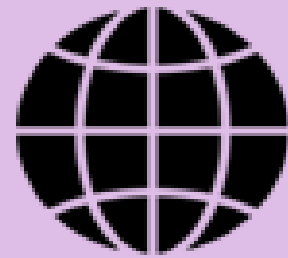
How to Get Setup

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



Have a device

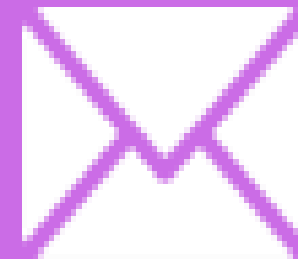


Connect to the Internet

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)

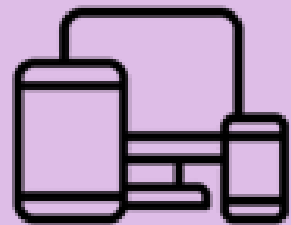


Email: info@televëda.com

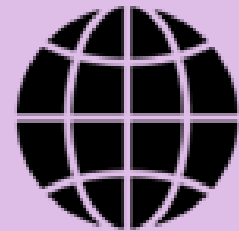
How to Join Us

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Step 1: Preparation



Have a device

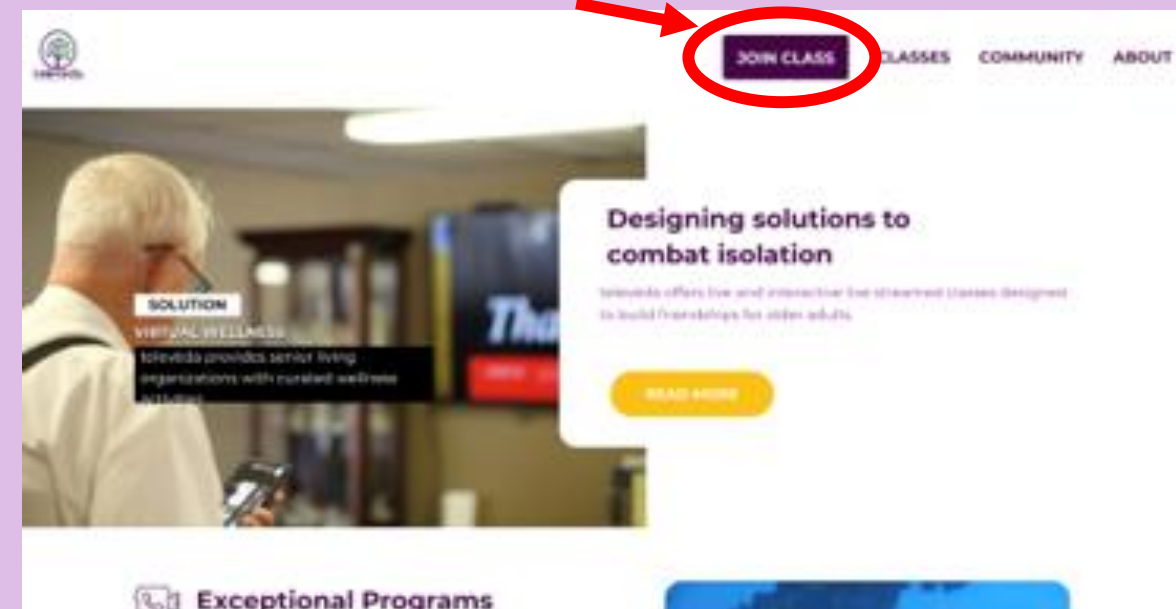


Connect to the Internet

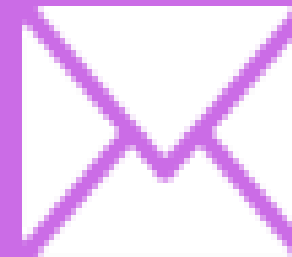


televeda's website
(televeda.com or
live.televeda.com)

Step 2: Click "Join class"



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



Email: info@televeda.com