

September 2022 Calendar

Hodgeman Connects



Use your Internet device to go to 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

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Make sure to check out all our On-Demand options available throughout the week!</div> <div>Times are in CST</div>				<div>1</div> <div>12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>2</div> <div>2:30PM: Musical Bingo</div>	<div>3</div>
<div>4</div> <div>Make sure to check out all our On-Demand options available throughout the week!</div> <div>Times are in CST</div>	<div>5</div> <div>12PM: Seated Tai Chi 1PM: Drawing & Painting 2:30PM: Musical Bingo</div>	<div>6</div> <div>1PM: Private Art (\$) 3PM: Brain Games 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>7</div> <div>12PM: Creative Writing 1PM: Private Art (\$) 1PM: Chair Yoga 2:30PM: Bingo</div>	<div>8</div> <div>12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>9</div> <div>2:30PM: Musical Bingo</div>	<div>10</div>
<div>11</div> <div>Make sure to check out all our On-Demand options available throughout the week!</div> <div>Times are in CST</div>	<div>12</div> <div>12PM: Seated Tai Chi 12:15PM: Ashtabula Bingo 1PM: Drawing & Painting 2:30PM: Musical Bingo</div>	<div>13</div> <div>1PM: Private Art (\$) 3PM: Brain Games 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>14</div> <div>11AM: Pitch In 12PM: Creative Writing 1PM: Private Art (\$) 1PM: Chair Yoga 1PM: If Your Mouth Talked 2:30PM: Bingo 6PM: Nutrition & BP Facts 8PM: Interview with a Theatre</div>	<div>15</div> <div>12PM: Zentangle® 1:30PM: Community Council 2:30PM: Bingo 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>16</div> <div>2:30PM: Musical Bingo</div>	<div>17</div>
<div>18</div> <div>Make sure to check out all our On-Demand options available throughout the week!</div> <div>Times are in CST</div>	<div>19</div> <div>12PM: Seated Tai Chi 1PM: Drawing & Painting 2:30PM: Musical Bingo</div>	<div>20</div> <div>1PM: Private Art (\$) 3PM: Brain Games 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>21</div> <div>12PM: Creative Writing 1PM: Private Art (\$) 1PM: Chair Yoga 2:30PM: Bingo</div>	<div>22</div> <div>12PM: Zentangle® 2:30PM: Bingo 5PM: Pet, Music, & Palliative Therapy 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>23</div> <div>2:30PM: Musical Bingo</div>	<div>24</div>
<div>25</div> <div>Make sure to check out all our On-Demand options available throughout the week!</div> <div>Times are in CST</div>	<div>26</div> <div>12PM: Seated Tai Chi 12:15PM: Ashtabula Bingo 1PM: Drawing & Painting 2:30PM: Musical Bingo 4PM: Social Media Part One</div>	<div>27</div> <div>1PM: Private Art (\$) 3PM: Brain Games 6PM: Zumba Gold® 7PM: Jeopardy 7:45PM: Beyond Barre (\$)</div>	<div>28</div> <div>11AM: Pitch In 12PM: Creative Writing 1PM: Private Art (\$) 1PM: Chair Yoga 1PM: Evolving Your Purpose 2:30PM: Bingo</div>	<div>29</div> <div>12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold® 7:45PM: Beyond Barre (\$)</div>	<div>30</div>	

Featured Classes

Pet, Music, & Palliative Therapy: Learn how these 3 different types of therapy can come together to boost your mood, health, and overall well-being!



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

Social Media Part One: Get an overview of what Facebook, Twitter, YouTube, Pinterest, and LinkedIn are. Learn how to set up accounts with these services if you don't have one. If you have any of these accounts please bring your login and password. We will also talk about tablet and smartphone apps for these sites!



Nutrition & Blood Pressure Facts: Co-sponsored by the Iola Public Library, learn how to self-monitor your blood pressure and discuss nutrition education. This event is part one of a 4-part Healthy Hearts series.

To join any of these classes and see additional events go to TELEVEDA.COM and click "Join Class"

Questions? Call our toll-free number: 833-299-1449

Please note: the most updated activities calendar will always be on live.televeda.com/class-schedule.

Featured Instructors & Hosts



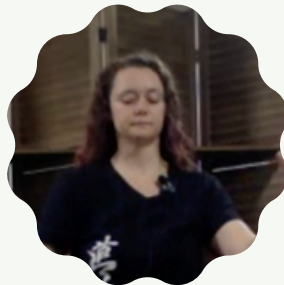
SEAN A.
Digital Bingo Host



CYNTHIA S.
Zentangle Instructor



MWENI E.
Zumba Gold Instructor



HEATHER P.
Tai Chi Instructor



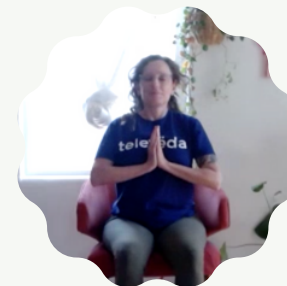
STEVEN L.
Ashtabula Bingo Host



VAL
Zentangle Host



TAL
Drawing & Painting
Instructor



EMILY B.
Chair Yoga Instructor

Featured Member Reviews

Creative Writing

Such a fun class! I really appreciate Ari and all the great writing prompts that she collects for us! Her flexible and adaptable approach to teaching meets every student's needs. Thank you Ari!



Zumba Gold

An excellent class for stretching, movement, and joy!



Digital Bingo

Another enjoyable time at bingo. I'm grateful we go do it online.



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

Zentangle

Val is such a great instructor. She's very patient and cheerful and she times her instruction very well, not going too fast or slow. I love the patterns she chooses; the lessons are challenging but still accessible for beginners. I'm so glad we get to do Zentangle every week now! Oh, and thank you so much for the replays; it's great to have this access since I can't always make the classes. I've told my Zentangle friends about the classes and replays.



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Class Descriptions


Beyond Barre: Enjoy this new weekly class to gain strength, flexibility, and tone through a barre workout. Barre workouts are hybrid classes that combine ballet-inspired movement with Pilates, dances, yoga, and strength. Most sessions incorporate a barre or another at-home item that can safely provide balance as you complete small range movements and stretches.

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 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!

CAC (Community Advisory Council): 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.

Creative Writing Workshop: Think deeper, learn more, and write whatever comes to mind in this writing workshop for all levels. Check the class schedule for all upcoming class topics and activities!



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Class Descriptions

Drawing & Painting: Learn from internationally acclaimed artist Tal Dvir on a blend of drawing and painting modalities. Please check 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.

Evolving Your Purpose: In this Wellness Wednesday webinar you will learn: 1) why purpose in life is so strongly correlated with better health, based on the latest research, 2) how purpose grows as you grow, based on your unique skills, interests, and lived experiences, and 3) how to identify your “ikigai” – a Japanese word for “reason for being” – even if this seems elusive.

If Your Mouth Could Talk: In this Wellness Wednesday webinar with Dr. Kami Hoss, renowned orthodontist and dentofacial orthopedist, you will learn the importance of oral health to reduce the risk of chronic disease and promote healthy aging. Dr. Hoss’s advice goes beyond the standard tips for brushing and flossing to connect the dots between oral health and whole-body health.



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Class Descriptions



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

Jeopardy: Come play a fun game of Jeopardy online with other virtual attendees!

Nutrition & Blood Pressure Facts: Co-sponsored by the Iola Public Library, learn how to self-monitor your blood pressure and discuss nutrition education. This event is part one of a 4-part Healthy Hearts series.

Pet, Music, & Palliative Therapy: Learn how these 3 different types of therapy can come together to boost your mood, health, and overall well-being!

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.



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Class Descriptions




Social Media Part One: Get an overview of what Facebook, Twitter, YouTube, Pinterest, and LinkedIn are. Learn how to set up accounts with these services if you don't have one. If you have any of these accounts please bring your login and password. We will also talk about tablet and smartphone apps for these sites.

Tai Chi (Seated): Back by popular demand! Try out our seated Tai Chi class for a relaxed, guided "meditation in movement" class that puts you right at ease.


Yoga: Try our yoga classes, starting early with Wednesday morning Wake Up with Yoga and continue 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.

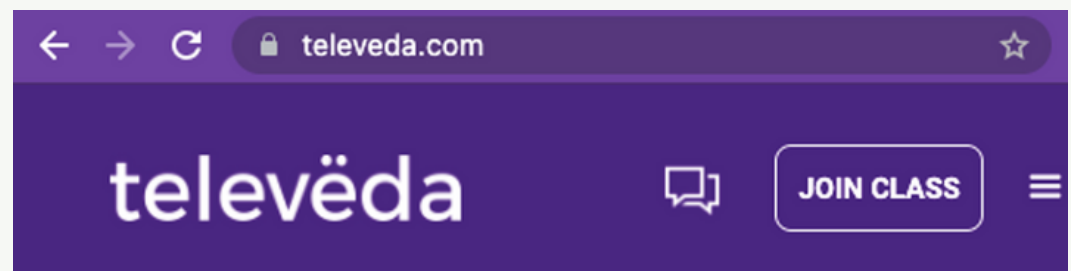


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How to Join a Class

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.
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. 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.