

# July 2022 Calendar

## Hodgeman Connects



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)

# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are CDT</b></p>					1 2:30PM: Musical Bingo	2
3 <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are CDT</b></p>	4 <p>No classes today: Happy 4th of July!</p>	5 <p>12PM: Journal Exercise 3PM: Brain Games 6PM: Zumba Gold® 7PM: Dynamic Dance Intro</p>	6 <p>12PM: Creative Writing 12:15PM: Ashtabula Bingo 1PM: Chair Yoga 2:30PM: Bingo 6:30PM: Cardio Kickboxing</p>	7 <p>11:30AM: Virtual Travel 11:30AM: High-Low Fitness 12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold® 6PM: Summer Bingo</p>	8 <p>2:30PM: Musical Bingo</p>	9
10 <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are CDT</b></p>	11 <p>12PM: Seated Tai Chi 1PM: Drawing &amp; Painting 2PM: Working Together to Reduce Food Waste 2:15PM: Strength Building 2:30PM: Musical Bingo</p>	12 <p>12PM: Journal Exercise 3PM: Brain Games 6PM: Zumba Gold® 7PM: Dynamic Dance Intro</p>	13 <p>11AM: Pitch In 12PM: Creative Writing 1PM: Chair Yoga 2:30PM: Bingo 6:30PM: Cardio Kickboxing</p>	14 <p>11:30AM: Virtual Travel 11:30AM: High-Low Fitness 12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold®</p>	15 <p>2:30PM: Musical Bingo</p>	16
17 <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are CDT</b></p>	18 <p>12PM: Seated Tai Chi 12:15PM: Ashtabula Bingo 1PM: Drawing &amp; Painting 2:15PM: Strength Building 2:30PM: Musical Bingo</p>	19 <p>12PM: Journal Exercise 3PM: Brain Games 6PM: Zumba Gold®</p>	20 <p>12PM: Creative Writing 1PM: Chair Yoga 2:30PM: Bingo 6:30PM: Cardio Kickboxing</p>	21 <p>11:30AM: Virtual Travel 11:30AM: High-Low Fitness 12PM: Zentangle® 1:30PM: Community Council 2:30PM: Bingo 6PM: Zumba Gold®</p>	22 <p>2:30PM: Musical Bingo</p>	23
24 <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are CDT</b></p>	25 <p>12PM: Seated Tai Chi 1PM: Drawing &amp; Painting 2:15PM: Strength Building 2:30PM: Musical Bingo</p>	26 <p>12PM: Journal Exercise 3PM: Brain Games 6PM: Zumba Gold®</p>	27 <p>11:30AM: Book Club 12PM: Everyday Well-Being 12PM: Creative Writing 1PM: Chair Yoga 2:30PM: Bingo 6:30PM: Cardio Kickboxing</p>	28 <p>11:30AM: Virtual Travel 11:30AM: High-Low Fitness 12PM: Zentangle® 2:30PM: Bingo 6PM: Zumba Gold®</p>	29 <p>3:30PM: Musical Bingo</p>	30
31						

## Featured Classes



**Working Together to Reduce Food Waste:** Did you know 30 to 40% of edible food goes to waste in the United States? Or that the average family of four loses an estimated \$1,500 each year on wasted food? Join Southwind Extension District Agent Clara Wicoff to learn more about the impact of food waste as well as tips to reduce food waste through meal planning, strategic grocery shopping, proper food storage, and more.

**Digital Bingo:** Join the digital bingo platform on Thursdays to win prizes and make new friends! This virtual bingo game automatically generates a card for you on screen, so there is no need to print one before.



**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.

To join any of these classes and see additional events go to [TELEVEDA.COM](https://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](https://live.televeda.com/class-schedule).

# Featured Instructors & Hosts



SEAN A.  
Bingo Host



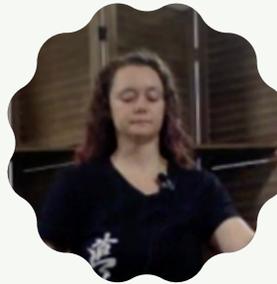
CYNTHIA S.  
Zentangle Instructor



MWENI E.  
Zumba Gold Instructor



KATHY  
Strength Building  
Instructor



HEATHER P.  
Tai Chi Instructor



MADELINE H.  
Book Club Host



VAL  
Zentangle Host



TAL  
Drawing & Painting  
Instructor



EMILY B.  
Chair Yoga Instructor

## Featured Member Reviews

### Seated Tai Chi

*I am just starting but it felt good to be doing something for myself.*



### Chair Yoga

*As always this is a great class and very relaxing. Thanks, Emily!*



### Zentangle

*Val is such a wonderful teacher! We love doing her class! Please have more - so relaxing and makes me feel like I can actually be an artist!*



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

### Zumba Gold

*An amazing class with a talented instructor who changes out music and moves, keeping it fresh and fun. A high point in my week, & so glad it's offered twice weekly!*



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# 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)!

**Book Club:** Join our monthly book club for discussion and fun. Please check [live.televeda.com/class-schedule](https://live.televeda.com/class-schedule) for each month's book. June's book *I'm Judging You: The Do-Better Manual* by Luvvie Ajayi Jones. You can access the book at your local library or read it here digitally: <https://luvvie.org/im-judging-you-book/>

**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.

**Cardio Kickboxing:** This high-energy workout challenge you to build stamina, improve coordination and flexibility, and burn calories as you build lean muscle while boxing.

**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!

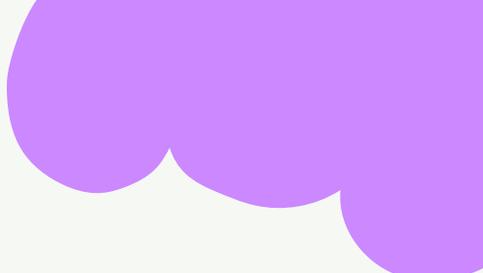
**Dynamic Dance Intro:** Get an amazingly fun workout in and learn some new moves during this virtual dance class!

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[live.televeda.com/class-schedule](https://live.televeda.com/class-schedule).**





# 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](https://live.televeda.com/class-schedule) for weekly supplies.

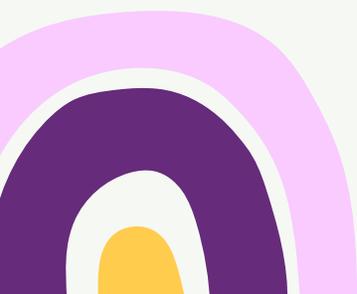
**Everyday Well-Being with Banner:** Learn everyday tips and tricks that can keep you healthy and safe. This interactive program covers exercise and balance training, wellness and community resources, fire and burn safety, and much more.

**High-Low Fitness:** This class is high cardio but low impact. This means you are getting a great aerobic workout, but you get to control the intensity based on your fitness level. Hi/Lo gives participants the opportunity to perform manageable, low-impact movements between periods of high intensity.

**Journal Exercise:** Part writing, part mind exercise, part meditative, part fun, join this 30-minute guided journaling exercise class each week to hear a simple thought-provoking prompt, and get writing. Sharing encouraged, not required!

**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.

**Strength Building:** 30 minutes of movement that will help improve muscle flexibility, keep our bones strong, and promote mobility.

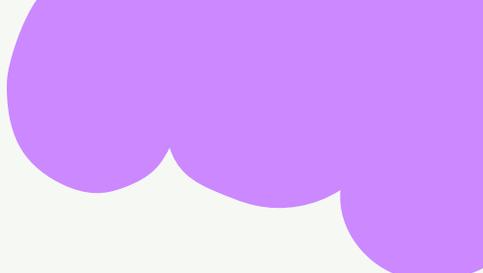


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# Class Descriptions



**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.

**Virtual Travel:** Travel the world without leaving your chair! Experience other cultures and locations with this weekly virtual travel class.

**Working Together to Reduce Food Waste:** Did you know 30 to 40% of edible food goes to waste in the United States? Or that the average family of four loses an estimated \$1,500 each year on wasted food? Join Southwind Extension District Agent Clara Wicoff to learn more about the impact of food waste as well as tips to reduce food waste through meal planning, strategic grocery shopping, proper food storage, and more.

**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.

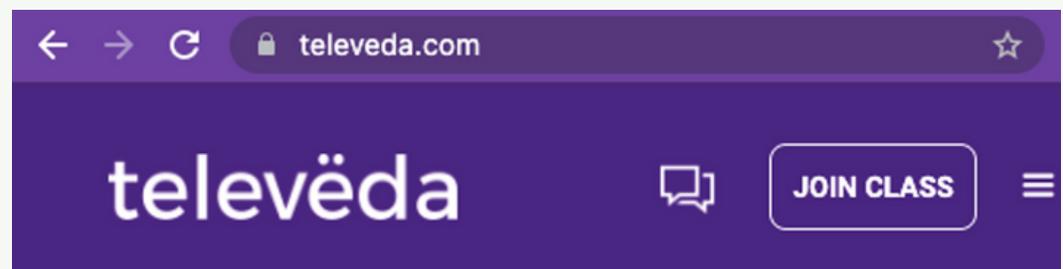


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## How to Join a Class

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](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.