

# December 2022 Calendar

Hodgeman Connects



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

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

# December 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 in CDT</b></p>		<p>12PM: Private Art (\$)</p> <p>2PM: Brain Games</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>12PM: Private Art (\$)</p> <p>12PM: Chair Yoga</p> <p>1:30PM: Bingo</p>	<p>1</p> <p>11AM: Zentangle®</p> <p>1:30PM: Bingo</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>2</p> <p>1:30PM: Musical Bingo</p>	<p>3</p>
<p>4</p> <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are in CDT</b></p>	<p>5</p> <p>12PM: Drawing &amp; Painting</p> <p>12:15PM: Ashtabula Bingo</p> <p>1:30PM: Musical Bingo</p>	<p>6</p> <p>12PM: Private Art (\$)</p> <p>2PM: Brain Games</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>7</p> <p>12PM: Private Art (\$)</p> <p>12PM: Chair Yoga</p> <p>1:30PM: Bingo</p>	<p>8</p> <p>11AM: Zentangle®</p> <p>1:30PM: Bingo</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>9</p> <p>1:30PM: Musical Bingo</p>	<p>10</p>
<p>11</p> <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are in CDT</b></p>	<p>12</p> <p>12PM: Drawing &amp; Painting</p> <p>1:30PM: Musical Bingo</p>	<p>13</p> <p>12PM: Private Art (\$)</p> <p>2PM: Brain Games</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>14</p> <p>12PM: Private Art (\$)</p> <p>12PM: Chair Yoga</p> <p>1:30PM: Bingo</p> <p>6PM: Heart Healthy Pt 4 - Healthy Snacks &amp; Dining Out</p>	<p>15</p> <p>11AM: Zentangle®</p> <p>1:30PM: Bingo</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>16</p> <p>1:30PM: Musical Bingo</p>	<p>17</p>
<p>18</p> <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are in CDT</b></p>	<p>19</p> <p>12PM: Drawing &amp; Painting</p> <p>12:15PM: Ashtabula Bingo</p> <p>1:30PM: Musical Bingo</p>	<p>20</p> <p>12PM: Private Art (\$)</p> <p>2PM: Brain Games</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>21</p> <p>12PM: Private Art (\$)</p> <p>12PM: Chair Yoga</p> <p>1:30PM: Bingo</p>	<p>22</p> <p>11AM: Zentangle®</p> <p>1:30PM: Bingo</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>23</p> <p>1:30PM: Musical Bingo</p>	<p>24</p>
<p>25</p> <p>Make sure to check out all our On-Demand options available throughout the week!</p> <p><b>Times are in CDT</b></p>	<p>26</p> <p>12PM: Drawing &amp; Painting</p> <p>1:30PM: Musical Bingo</p>	<p>27</p> <p>12PM: Private Art (\$)</p> <p>2PM: Brain Games</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>28</p> <p>12PM: Private Art (\$)</p> <p>12PM: Chair Yoga</p> <p>1:30PM: Bingo</p>	<p>29</p> <p>11AM: Zentangle®</p> <p>1:30PM: Bingo</p> <p>1:30PM: Community Council</p> <p>5PM: Zumba Gold®</p> <p>6:45PM: Beyond Barre (\$)</p>	<p>30</p> <p>1:30PM: Musical Bingo</p>	<p>31</p>

## Featured Classes



**Social Media Series:** 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.

**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.



**Healthy Snacks & Dining Out:** Co-sponsored by the Lola Public Library, learn how to self-monitor your blood pressure and discuss nutrition education, specifically healthy snacks and dining at restaurants this month. This event is part 4 of a 4-part Healthy Hearts series.

# Featured Instructors & Hosts



SEAN A.  
Digital Bingo & Brain  
Games Host



CYNTHIA S.  
Zentangle Instructor



MWENI E.  
Zumba Gold Instructor



STEVEN L.  
Ashtabula Bingo Host



EMILY B.  
Chair Yoga Instructor



VAL  
Zentangle Host



TAL  
Drawing & Painting  
Instructor

## Featured Member Reviews

### Brain Games

*This is my first time, and the instructor was great. Everyone else was great, and I really had a good time. Can wait for the next game, Thank you!*



### Zumba Gold

*Uplifting from the moment you connect! The instructor welcomes the class and off you go on a Zumba adventure. Lots of variety in music and moves. A fabulous class executed by a very talented and fun instructor!*



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

### Zentangle

*Another fun class - i will have to work on my grids and straight lines - for now i just have wonky lines - but just as beautiful! Val is such a wonderful teacher - very patient, and she explains everything. Love this class!*





## Class Descriptions



**Alternative Protein:** The current advice from nutritionists is to “eat more plants”— but what about the plant-based burgers and similar products that are increasingly found in grocery stores, fast-food chains, and even upscale restaurants? Are they a healthy alternative to their real meat counterparts? Join Anthony Crimarco, PhD, the lead author of Stanford’s SWAP-MEAT study, for a fascinating look at the growing alternative protein market.

**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](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!

**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.







## 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](http://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.

**Heart Healthy Series - Healthy Snacks & Dining Out:** Co-sponsored by the Iola Public Library, learn how to self-monitor your blood pressure and discuss nutrition education. This event is part four of a 4-part Healthy Hearts series.

**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.







## Class Descriptions

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

**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.

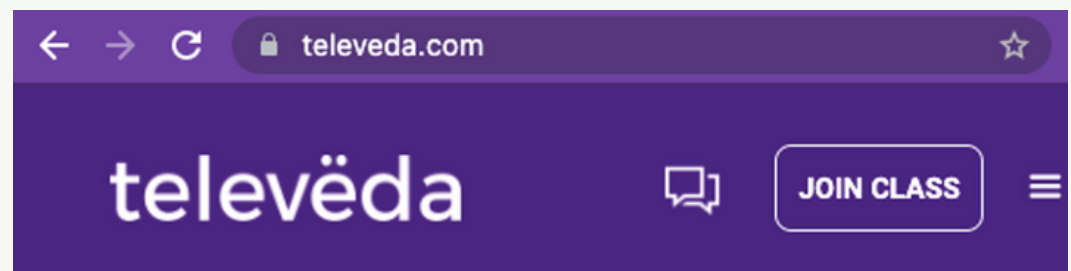
**Zumba Gold®:** This evening class held twice a week is an incredibly fun dance class modified for older adults and focus on balance, range of motion, and coordination. Enjoy Latin and international music with dance move to help improve cardiovascular fitness.





## 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.