

February 2024 Calendar



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

February 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Make sure to check out all our On-Demand options available throughout the week!
Times are in MST

10am: Zentangle®
11am: Strength Training
1:30pm: Bingo
5pm: Zumba Gold®

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2pm: Brain Games
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Featured Classes



Drawing and Painting Workshop: Embark on a creative journey to master the art of sketching and drawing! Join forces with the renowned artist, Tal Dvir, as he guides you through the basics and helps you level up your skills. Get ready to unleash your artistic potential!

Chair Yoga: Designed to relax the body and mind with peaceful and invigorating movements, Chair Yoga is suitable for nearly every fitness level. Move through a series of seated yoga poses that will increase flexibility, balance, and range of movement. Yogis will also learn restorative breathing and relaxation exercises that will promote stress reduction and mental clarity.



Televeda Bingo: Join the digital bingo platform on Thursdays. This virtual bingo game automatically generates a card for you on screen, so there no need to print one before! Win prizes every week!

Featured Instructors & Hosts



SEAN A.
Digital Bingo & Brain
Games Host



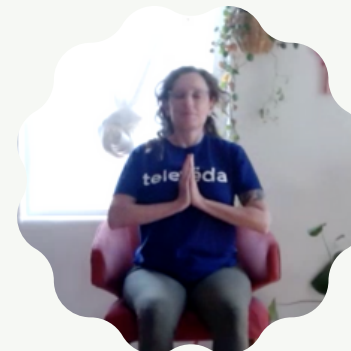
LAURA G.
Strength Training
Instructor



MWENI E.
Zumba Gold Instructor



JANIS. C
Creative Writing Host



EMILY B.
Chair Yoga Instructor



VAL
Zentangle Host



TAL
Drawing & Painting
Instructor

Featured Member Reviews

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



Creative Writing

JANIS MAKEs this class interesting. I LOOK FORWARD TO NEXT WEEK. THANX!!!!!!!!!!!!!!



Zentangle

Val is such a great teacher! She's so patient and encouraging. And I love the tangles and patterns she chooses every week. This is one of my favorite online classes, and you know I take a lot!



Chair Yoga

I look forward to Chair Yoga with Emily. Afterwards I am filled with serenity and energy. An amazing class!



Zumba Gold

First time, ever, for me to do Zumba. It was a good pace for me. I am tired, yet energized. I'm glad I've been attending Strength training with Laura, so I am in good enough shape to keep up with Mweni.



Brain Games

Sean is a great guide! Brain games is always so much fun. More!



Strength Training

This class is fabulous! Just what I've been looking for in a weights class. Thank you Televeda and Laura!!





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 for more instructions about each type of game played (like Musical Bingo)!


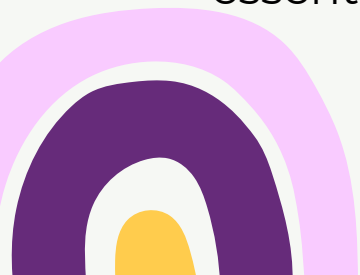
Brain Games: Try out trivia, Scattergories, word unscrambling games, and more to stretch those brain muscles and have fun!

Creative Writing: Dr. Janis Collins will guide you through fun exercises to challenge your creativity and expand your writing skillset. Complete beginners to creative writing are welcome!

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.

Movement Disorders: Movement disorders are a group of neurological conditions that cause either increased movements or reduced, slow movements. While movement disorders can affect people of all ages, some types of movement disorders, such as Parkinson's disease and essential tremor, are more common in older adults.





Class Descriptions



Smithsonian Classes: Explore captivating subjects from history to art, led by knowledgeable instructors, all from the comfort of your home. In partnership with the prestigious Smithsonian Institution.

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.

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

Strength Training: Every Tuesday and Thursday, work on strength exercises designed to improve strength and endurance using equipment you can find around the house if you don't have any weights at home!

Televeda Town Hall: Held quarterly throughout the year, 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



Wellness Wednesdays: Wellness Wednesday webinars are a bi-monthly series featuring cutting-edge researchers, best-selling authors, and health professionals.

- Combine scientific evidence with practical advice
- Include live Q&A
- Are recorded
- Free to the community

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.

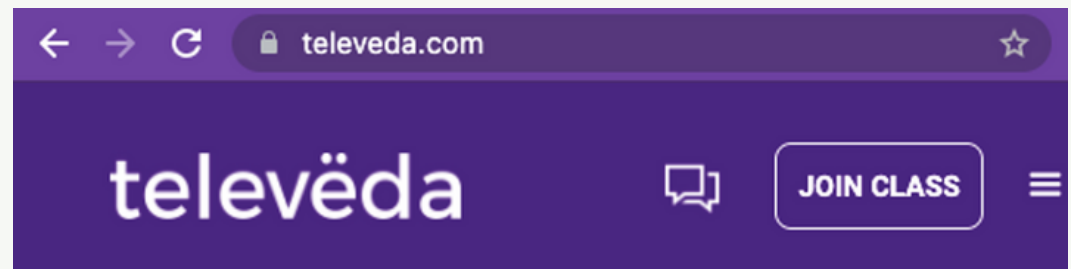
Zentangle®: Now offered weekly! Easy-to-learn and fun way to create beautiful images by drawing structured patterns resulting in increased focus, creativity, self-confidence and sense well-being.

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.
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.