



Castleton Community Center

All times are in Eastern Time

To register for Televeda FREE classes

Use the one time registration on the Televeda website:

<https://live.televeda.com/signup>

1. Enter the referral ID: CASTLETONATHOME
2. On code of conduct click: "I agree"
3. Enter your information (name, phone, e-mail)
4. You will receive a verification number via the e-mail or text number you provided
5. Enter the code on the window that popped up after you clicked "sign up"

MARCH

televeda

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10:30AM: Yoga 11:30AM: Stretch Yoga 1PM: Drawing & Painting	2 10:30AM: Yoga for Athletes 11:30AM: Chair Yoga 12:30PM: Tai Chi 2PM: Scattergories	3 1PM: Gentle Chair Yoga 3PM: Bingo	4 11:30AM: Strength Building 12PM: Trivia 12:30PM: Cooking! 1:15PM: Zen Flow 3PM: Bingo	5 12PM: Zentangle 3PM: Consumer Scams	6
7	8 10:30AM: Yoga 11:30AM: Stretch Yoga 1PM: Drawing & Painting	9 10:30AM: Yoga for Athletes 11AM: ASU Grand Shoppe Project 11:30AM: Chair Yoga 12:30PM: Tai Chi	10 1PM: Gentle Chair Yoga 3PM: Bingo	11 11:30AM: Strength Building 12PM: Trivia 12:30PM: Cooking! 1:15PM: Zen Flow 3PM: Bingo 4PM: Chit Chat with Rabbi Levi	12 3PM: Mind-Full Music with Debi Kret 6PM: Happy Hour	13
14	15 11:30AM: Yoga 12:30PM: Stretch Yoga 2PM: Drawing & Painting	16 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Tai Chi 3PM: Wheel of Fortune	17 2PM: Gentle Chair Yoga 4PM: Bingo (St. Patrick's Day!)	18 1PM: Trivia 2:15PM: Zen Flow 4PM: Bingo 5PM: Chit Chat with Rabbi Levi	19 4PM: Along the footpaths of Asia with Mark Kacik 7PM: Book Chat with Jeanette and Marty	20
21	22 11:30AM: Yoga 12:30PM: Stretch Yoga 2PM: Drawing & Painting	23 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Tai Chi 3PM: Musical Quiz	24 2PM: Gentle Chair Yoga 4PM: Bingo	25 12:30PM: Strength Building 1PM: Trivia 1:30PM: Cooking! 2:15PM: Zen Flow 4PM: Bingo	26 3PM: Scattergories 4PM: Collage Mania! with Tina Velasquez Hays	27
28	29 11:30AM: Yoga 12:30PM: Stretch Yoga 2PM: Drawing & Painting	30 11:30AM: Yoga for Athletes 12:30PM: Chair Yoga 1:30PM: Tai Chi 3PM: Wheel of Fortune	31 2PM: Gentle Chair Yoga 4PM: Bingo			