



This is our Autumn Issue.

September, October and November



Visit www.Meteors.net for programming schedule and links to watch programs “on demand.” You will need a password to get into that protected area: **1610**

Or scan the above QR to go there directly.

You can also scan the QR codes appearing throughout this guide.

Red text means to scan the adjacent QR code.

Wednesday meetings ADMIN TOWN HALL and RESIDENT COUNCIL videos will play about 14 days after the meetings.

Programs Changed Weekly

- Meet the Team
- How it Works
- Prime Time Specials @ 7:00 pm

Programs Added as Available

- Catholic Mass
- Sunday Morning Worship
- Flashback Videos
- Musical Performance Videos
- Special Notices
- Resident Affirmations
- Exercise Videos

Programs Changed Monthly

- Admin Town Hall Meeting
- Resident Council Meeting
- Readers Theater

Programs Changed Quarterly

- Evening 6 Hour Musical Program
- New Resident Informational Video

Programs Changed Periodically

- Video Roadrunner Extra
- Educational Videos
- Karaoke Video
- Welcome Committee Video
- Morning Wakeup Music

Every-Day Broadcasts

- 7:00 am – Morning WAKE UP MUSIC
- 11:30 am – FLASHBACKS
- 10:00 & 12:30 – Exercise Class 1
- 10:45 & 1:15 – Exercise Class 2

KBAQ Music on Channel 1-1

Our music needs to be restarted if there is a temporary glitch in the Internet Feed. If you notice that the music has stopped, send an eMail to Roadrunner@BeatitudesCampus.org and we will restart it as soon as we are able.

Sunday

7:00 - WAKE UP to MUSIC

8:00 – LLL HOW IT WORKS

9:00 – AARP Morning Stretch with Cas

10:00 - Strength & Balance

10:45 - Core & Conditioning

11:30 – BEATITUDES FLASHBACKS

12:30 - Strength & Balance

1:15 - Core & Conditioning

2:00 - New Resident Informational Video

3:00 - MEET THE TEAM

4:00 - FLASHBACKS

6:00 pm SPECIAL - ROBOTS

7:00 - PRIME TIME SPECIAL

9:00 – Outside Entertainers

10:00 – HOW IT WORKS

11:00 - BEATITUDES FLASHBACKS

11:58 – SIX HOURS QUIET MUSIC



Monday

7:00 - WAKE UP to MUSIC

8:00 - LLL MEET THE TEAM

9:00 - AARP Morning Stretch

10:00 – “Pool Exercise” with Mike

10:45 – Chair Yoga

11:30 - BEATITUDES FLASHBACKS

12:30 - “Pool Exercise” with Mike

1:15 - Chair Yoga

2:00 - New Resident Informational Video

3:00 - HOW IT WORKS

4:00 – ADMIN TOWN HALL

5:30 - RESIDENTS COUNCIL

7:00 - PRIME TIME SPECIAL

9:00 – MUSIC PLAZA CLUB

10:00 – MEET THE TEAM

11:00 - BEATITUDES FLASHBACKS



11:58 – MUSIC BEAD LIZARD 2 HOURS

Tuesday

7:00 - WAKE UP to MUSIC

8:00 – Outside Entertainers

9:00 - AARP Morning Stretch

10:00 - Sit and Be Fit

10:45 - Fitness Training Camp

11:30 - FLASHBACKS

12:30 - Sit and Be Fit

1:15 - Fitness Training Camp

2:00 - BE INFORMED – LIVE

3:00 - MEET THE TEAM

4:00 - BE INFORMED - REPLAY

6:00 - SPECIAL CHAIR YOGA

7:00 – ADMIN TOWN HALL

8:30 - HOW IT WORKS

9:30 - MUSIC RESIDENTS

10:30 - BE INFORMED – REPLAY

11:58 – PRIME TIME



Wednesday

7:00 - WAKE UP to MUSIC

8:00 – MUSIC PLAZA CLUB

9:00 – AARP Morning Stretch

10:00 - Chair Yoga

10:45 - Core & Conditioning

11:30 - BEATITUDES FLASHBACKS

12:30 - Chair Yoga

1:15 - Core & Conditioning

2:00 - BE INFORMED - REPLAY

3:00 - HOW IT WORKS

4:00 - BE INFORMED – REPLAY

6:00 – New Resident Info Video

7:00 – RESIDENT COUNCIL

8:30 - MEET THE TEAM



9:30 – MUSIC PV SING ALONG
10:30 – FLASHBACKS
11:58 – BEADED LIZARD 2 HOURS

Thursday

7:00 - WAKE UP to MUSIC
8:00 - MUSIC PIANO HARP JAM
9:00 - LC CATHOLIC MASS



Catholic Mass is live Sunday at 9:30 on Channel 1-3

10:00 – Taiji Quan
10:45 - Strength & Balance
11:30 - BEATITUDES FLASHBACKS
12:30 – Taiji Quan
1:15 - Strength & Balance
2:00 - BE INFORMED - REPLAY
3:00 - LC SUNDAY WORSHIP



Sunday Worship is live Sunday at 3:00 on Channel 1-3


4:00 - BE INFORMED - REPLAY
6:00 – Educational Special
7:00 - PRIME TIME SPECIAL
9:00 – BEATITUDES FLASHBACKS
11:58 - SIX HOURS OF QUIET MUSIC

Friday

7:00 - WAKE UP to MUSIC
8:00 – MUSIC PV SING ALONG
9:00 - LC CATHOLIC MASS



Catholic Mass is live Sunday at 9:30 on Channel 1-3

 10:00 - Core & Conditioning
10:45 - Sit and Be Fit
11:30 - FLASHBACKS

12:30 - Core & Conditioning
1:15 - Sit and Be Fit
2:00 - BE INFORMED – REPLAY
3:00 - LC SUNDAY WORSHIP

Sunday Worship is live Sunday at 3:00 on Channel 1-3

4:00 – OPEN PROGRAMMING
5:00 – VID RR EXTRA
6:00 pm Special - Robots

7:00 - PRIME TIME SPECIAL

9:00 - OPEN PROGRAMMING
10:00 - MUSIC PIANO HARP JAM
11:00 – BEATITUDES FLASHBACKS
11:58 - MUSIC BEAD LIZARD 2 HOURS



Saturday

7:00 - WAKE UP to MUSIC
8:00 – MUSIC RESIDENTS
9:00 – VID ROADRUNNER EXTRA
9:30 - Leading Age - What is it !?
10:00 - Workout with Walkers
10:45 - Strength & Balance

11:30 - BEATITUDES FLASHBACKS

12:30 – Workout with Walkers
1:15 - Strength & Balance
2:00 - OPEN PROGRAMMING
3:00 - READERS THEATER
5:00 – HOME KARAOKE

6:00 - SPECIAL CHAIR YOGA
7:00 - PRIME TIME SPECIAL
9:00 – MUSIC BEAD LIZARD

10:00 – VID ROADRUNNER EXTRA
11:00 - READERS THEATER
11:58 - SIX HOURS OF QUIET MUSIC



FLASHBACKS

**EZNav for New Team
Members and Residents**

 **DRAFT Zone Rate
Transportation
calculator**



Also see www.Meteors.net

How it Works and Meet the Team are both aired throughout the week. Topics and people to meet are changed on a weekly basis.

LLL Beatitudes How It Works

- Finances & Human Resources (HR)
- Campus Operations
- Facilities & Housekeeping
- Beatitudes Foundation
- Governance
- Marketing Strategies
- HCC & Comfort Matters



LLL Meet the Team

- Jon Schilling
- Nina Louis
- Don Bergham
- Alexia Robles
- Mara Gilmartin
- Jonathan Gibbs
- Scott Appel
- Jim Rantz
- Molly Heiden
- Mike Smallwood
- Donna Taylor



Please give feedback and suggestions for this guide to Robert Andrews or Cynthia Cielle

TV Facts and History

The first television broadcast happened in 1926, featuring a ventriloquist dummy named "Stooky Bill" because it was easier to see than human faces with early cameras.

The remote control was invented in 1950 and was initially called the "Lazy Bones," connected by a cable.

The average American watches about 2.7 hours of television per day.

The most expensive TV episode ever made was the "Game of Thrones" finale, costing approximately \$15 million for 80 minutes.

Product placement in TV shows generates over \$10 billion annually for brands worldwide.

"The Price is Right" is the longest-running game show in television history, airing since 1972 with over 9,000 episodes.

"Who Wants to Be a Millionaire" has aired in over 120 countries, making it one of the most internationally successful game show formats.

Most game shows tape multiple episodes in a single day, with contestants required to bring multiple outfit changes.

"Guiding Light" holds the record as the longest-running drama series, airing for 72 years (1952-2009) with over 18,000 episodes.

The most-watched television event in U.S. history remains the 1983 finale of "MAS*H," viewed by 125 million people.

Television seasons traditionally run from September to May to align with the school year when families established viewing routines.

"Jeopardy!" contestants must phrase their responses as questions, a format created to avoid quiz show scandals of the 1950s.

Closed captioning was mandated by law in 1990, but now serves broader audiences including viewers in noisy environments.

The concept of "appointment television" - watching shows at scheduled times - has largely disappeared due to streaming and DVRs.