

CHANNEL 1-2



March Issue

March 1 – March 28, 2026



Like the Phoenix, rising from the ashes, March brings back the audible Roadrunner. You can listen to the main article, and other major items of interest, every morning from 6:00-7:00 am, and on Saturday, Sunday, Monday and Tuesday from 9:00-10:00 am

Regular Programs

RED: Official Videos
BLACK: Entertainment

- **Roadrunner Front Page Article**
 - Every morning @ 6:00 – 7:00 am
 - Sa, Su, Mo, Tu, We @ 9 – 10:00 am
- **ADMIN TOWN HALL MEETING**

- Sa 3p, Su 3p, Mo 4p, Tu 7p, We 7p
- **RESIDENT COUNCIL MEETING**
 - Sa 4:30p, Su 4:30p, Mo 5:30p, We 8:30p
- **B-Informed LIVE**
 - Tu, We, Th, Fr @ 2 pm
 - Tu @ 4-6 pm, We @ 4-6 pm
 - Tu @ 10:30 pm
- **SPECIAL PROGRAMMING**
 - **Special Programming may be replaced with Official Content you need to know.**
 - Special #1 (one hour) (NEW)
 - Kate Brophy McGee
 - Sa 2p, We 9:30p Fr 9p
 - Special #2 (one hour) (Last Month)
 - Phoenix Light Rail Explained
 - Fr 8a, Su 9p, Fr 10p
 - Special #3 (two hours)
 - Tuskegee Airmen Presentation
 - Mo 7p, Th 7p, Sa 7p, Fr 11p
 - Special #4 (two hours)
 - Two hour Flashback Videos
 - Fr 7p. Su 7p
- **MEET THE TEAM**
 - Mo 8a & 10p, Tu 3p, Sa 8a
- **HOW IT WORKS**
 - Su 8a, Su 10p, Mo & We 3p, Tu 8:30p
- **NEW RESIDENT INFO VIDEO**
 - AI Overview Video – Su, Mo @ 2 pm
 - Community Matters – Th, Fr @ 4 pm
- **CATHOLIC MASS**
 - Th & Fr @ 9:00 am
 - LIVE on Ch 1-3 Su @ 9:30 am
- **SUNDAY MORNING WORSHIP**
 - Th & Fr @ 3:00 pm
 - LIVE on Ch 1-3 Sun @ 3:00 pm
- **EXERCISE VIDEOS**
 - 10:00 & 12:30 – EXERCISE CLASS 1
 - 10:45 & 1:15 – EXERCISE CLASS 2
 - 6:00 pm – AFTERNOON EXERCISE
 - Every evening except Monday

ENTERTAINMENT PROGRAMMING

- **CLEAN COMEDY HOUR**
 - A different video every Friday @ 5:00 pm
- **MUSICAL PERFORMANCE VIDEOS**
 - PV Sing-Along @ Tu 8a, Mo 9p
 - Evans-Bell @ Th 8 am, Tu 9:30 pm
 - On the Rocks @ We 8 am, Sa 9 pm
 - Bead Lizard – @ Mo, We, Fr at 2 M
- **READERS THEATER (Sunday Mixer)**
 - Sa 10 pm
- **BEATITUDES FLASHBACKS**
 - Every day @ 11:30 – 12:30
 - W 10:30p, Th 9p
 - Su, Mo, Fr, Sa @ 11 pm, We 10:30 pm
 - SPECIAL: Two hours - Fr 7p. Su 7p
- **LATE EVENING 6 HOUR MUSIC**
 - Su, Tu, Sa @ 12:00 Midnight
- **MORNING WAKEUP MUSIC**
 - Every morning @ 7:00 – 8:00

Occasionally try a different mind exercise when you sit down to relax. **The answers are on the back page.**

Sunday

- 6:00 – **Roadrunner AI Headline Video**
- 7:00 – MORNING MUSIC
- 8:00 – **LLL HOW IT WORKS**
- 9:00 – **Roadrunner AI Headline Video**
- 10:00 – L1 CHAIR YOGA
- 10:45 – L3 CORE & CONDITIONING
- 11:30 – **ONE HOUR FLASHBACKS**
- 12:30 – L1 CHAIR YOGA
- 1:15 – L3 CORE & CONDITIONING
- 2:00 – **NEW RESIDENT AI VIDEO**
- 3:00 – **ADMIN TOWN HALL**
- 4:30 – **RESIDENTS COUNCIL**

- 6:00 – L2 STRENGTH & BALANCE
- 7:00 – TWO HOUR FLASHBACK VIDEO
- 9:00 – VALLEY METRO: About the Light Rail
- 10:00 – **HOW IT WORKS**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – SIX HOURS QUIET MUSIC

Question 1: A rooster lays an egg on the peak of a roof. The wind is blowing from the north. Which way does it roll to the east or the west?

Monday

- 6:00 – **Roadrunner AI Headline Video**
- 7:00 – MORNING MUSIC
- 8:00 – **LLL MEET THE TEAM**
- 9:00 – **Roadrunner AI Headline Video**
- 10:00 – L3 CORE & CONDITIONING
- 10:45 – L1 CHAIR YOGA
- 11:30 – **ONE HOUR FLASHBACKS**
- 12:30 – L3 CORE & CONDITIONING
- 1:15 – L1 CHAIR YOGA
- 2:00 – **NEW RESIDENT AI VIDEO**
- 3:00 – **HOW IT WORKS**
- 4:00 – **ADMIN TOWN HALL**
- 5:30 – **RESIDENTS COUNCIL**
- 7:00 – SPECIAL: Tuskegee Airmen
- 9:00 – PLAZA VIEW SING ALONG
- 10:00 – **MEET THE TEAM**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – BEADED LIZARD XMAS SPECIAL

Question 2: I have cities but no houses. I have mountains but no trees. I have water but no fish. I have roads but no cars. What am I?

Tuesday

6:00 – **Roadrunner AI Headline Video**
7:00 – MORNING MUSIC
8:00 – PLAZA VIEW SING ALONG
9:00 – **Roadrunner AI Headline Video**
10:00 – L2 SIT AND BE FIT
10:45 – L4 FITNESS TRAINING CAMP
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L2 SIT AND BE FIT
1:15 – L4 FITNESS TRAINING CAMP

Question 3: What can you hold in your right hand but never in your left hand?

2:00 – **BE INFORMED – LIVE**
3:00 – **MEET THE TEAM**
4:00 – **BE INFORMED – REPLAY**
6:00 – L1 CHAIR YOGA
7:00 – **ADMIN TOWN HALL**
8:30 – **HOW IT WORKS**
9:30 – EVANS-BELL CONVERSION
10:30 – **BE INFORMED – REPLAY**
11:58 – SIX HOURS QUIET MUSIC

Wednesday

6:00 – **Roadrunner AI Headline Video**
7:00 – MORNING MUSIC
8:00 – PLAZA CLUB ON the ROCKS
9:00 – **Roadrunner AI Headline Video**
10:00 – L1 CHAIR YOGA
10:45 – L3 CORE & CONDITIONING
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L1 CHAIR YOGA
1:15 – L3 CORE & CONDITIONING
2:00 – **BE INFORMED – REPLAY**
3:00 – **HOW IT WORKS**

4:00 – **BE INFORMED – REPLAY**
6:00 – L2 STRENGTH & BALANCE
7:00 – **ADMIN TOWN HALL**
8:30 – **RESIDENT COUNCIL**
9:30 – Kate Brophy McGee – Maricopa Co
10:30 – **ONE HOUR FLASHBACKS**
11:58 – BEADED LIZARD XMAS SPECIAL

Question 4: A cowboy rides into town on Friday, stays two days, and leaves on Friday. How?

Thursday

6:00 – **Roadrunner AI Headline Video**
7:00 – MORNING MUSIC
8:00 – EVANS-BELL CONVERSION
9:00 – LC CATHOLIC MASS
Catholic Mass is live Sunday at 9:30 on Channel 1-3
10:00 – L2 QI-GONG
10:45 – L2 STRENGTH & BALANCE
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L2 QI-GONG
1:15 – L2 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 – **NEW RESIDENTS ZOOM INFO VIDEO**
6:00 – L2 STRENGTH & BALANCE
7:00 – SPECIAL: Tuskegee Airmen
9:00 – **ONE HOUR FLASHBACKS**
11:58 – SIX HOURS OF QUIET MUSIC

Question 5: You walk into a dark room with one match. There's a candle, a fireplace, and an oil lamp. What do you light first?

Friday

6:00 – **Roadrunner AI Headline Video**
7:00 – MORNING MUSIC
8:00 – VALLEY METRO: About the Light Rail
9:00 – LC CATHOLIC MASS
Catholic Mass is live Sunday at 9:30
10:00 – L3 CORE & CONDITIONING
10:45 – L1 SIT AND BE FIT
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L3 CORE & CONDITIONING
1:15 – L1 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 – **NEW RESIDENTS ZOOM INFO VIDEO**
5:00 – CLEAN COMEDY HOUR
6:00 – L2 STRENGTH & BALANCE
7:00 – TWO HOUR FLASHBACK VIDEO
9:00 – Kate Brophy McGee – Maricopa Co
10:00 – VALLEY METRO: About the Light Rail
11:00 – SPECIAL: Tuskegee Airmen
11:58 – BEADED LIZARD XMAS SPECIAL

Saturday

6:00 – **Roadrunner AI Headline Video**
7:00 – MORNING MUSIC
8:00 – **MEET THE TEAM**
9:00 – Roadrunner AI Headline Video
10:00 – L1 WORKOUT WITH WALKERS
10:45 – L2 STRENGTH & BALANCE
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L1 WORKOUT WITH WALKERS
1:15 – L2 STRENGTH & BALANCE
2:00 – Kate Brophy McGee – Maricopa Co
3:00 – **ADMIN TOWN HALL**

4:30 – **RESIDENTS COUNCIL**
6:00 – L1 CHAIR YOGA
7:00 – SPECIAL: Tuskegee Airmen
9:00 – PLAZA CLUB ON the ROCKS
10:00 – **READERS THEATER**
11:00 – **ONE HOUR FLASHBACKS**
11:58 – SIX HOURS OF QUIET MUSIC

Weekly Programming

Week 1

How it Works: HCC & Assisted Living

Meet the Team: Donna Taylor

Week 2

How it Works: Trends in Senior Living

Meet the Team: Jon Schilling

Week 3

How it Works: Finances

Meet the Team: Nina Louis

Week 4

How it Works: Human Resources

Meet the Team: Don Bergem

ANSWERS TO PUZZLES

Q1: It doesn't roll anywhere
— roosters don't lay eggs.
Q2: A map
Q3: Your left hand
Q4: His horse is named Friday
Q5: The match

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