



Sit and Be Fit is scaled and suitable for everyone! Please join us every Monday, Wednesday and Saturday at 9:00 am in the Rec Center!

To get to Channel 1-2, go to Channel 1, then press the Up Channel Button

CHANNEL 1-2

April-May Issue

April 12 - May 16, 2026

Regular Programs

RED: Official Videos
BLACK: Entertainment

- **ROADRUNNER AUDIBLE**

- Every morning @ 6:00 – 7:00 am
- Sa, Su, Mo, Tu, We @ 9 – 10:00 am
- Before Town Hall and Resident Council

- **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

- **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

- **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)
 - Nutritional Trivia
 - 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

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 – STRENGTH & BALANCE
- 11:30 – **ONE HOUR FLASHBACKS**
- 12:30 – L1 CHAIR YOGA
- 1:15 – STRENGTH & BALANCE
- 2:00 – **NEW RESIDENT AI VIDEO**
- 3:00 – **ADMIN TOWN HALL**
- 4:30 – **RESIDENTS COUNCIL**
- 6:00 – L1 WORKOUT WITH WALKERS
- 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: There are two ducks in front of a duck, two ducks behind a duck and a duck in the middle. What is the minimum number of ducks?

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 – 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 – **HOW IT WORKS**
- 4:00 – **ADMIN TOWN HALL**
- 5:30 – **RESIDENTS COUNCIL**
- 7:00 – SPECIAL: Nutritional Trivia
- 9:00 – PLAZA VIEW SING ALONG
- 10:00 – **MEET THE TEAM**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – BEADED LIZARD XMAS SPECIAL

Question 2: Two fathers and two sons go fishing. They each catch one fish. They bring home exactly three fish. No fish were lost or thrown back. How?

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 – L1 MORNING MOTIONS
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L2 SIT AND BE FIT
1:15 – L1 MORNING MOTIONS

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 – L1 CHAIR YOGA
7:00 – SPECIAL: Nutritional Trivia
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 – L2 SIT AND BE FIT
10:45 – L3 CORE & CONDITIONING
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L1 SIT AND BE FIT
1:15 – L3 CORE & CONDITIONING
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: Nutritional Trivia
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 – L1 MORNING MOTIONS
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L1 WORKOUT WITH WALKERS
1:15 – L1 MORNING MOTIONS
2:00 – Kate Brophy McGee – Maricopa Co
3:00 – **ADMIN TOWN HALL**

- 4:30 – **RESIDENTS COUNCIL**
6:00 – L1 CHAIR YOGA
7:00 – SPECIAL: Nutritional Trivia
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 of April 12

How it Works: Campus Operations

Meet the Team: Mara Gilmartin

Week of April 19

How it Works: Governance

Meet the Team: Jonathan Gibbs

Week of April 26

How it Works: Facilities & Housekeeping

Meet the Team: Nina Louis

Week May 3

How it Works: Comfort Matters

Meet the Team: Jim Rantz

Week May 10

How it Works: Beatitudes Foundation

Meet the Team: Mollie Heiden

ANSWERS TO PUZZLES

Q1: Three. Two ducks are in front of the last duck; the first duck has two ducks behind; one duck is between the other two.

Q2: There are only three people: a grandfather, his son, and his grandson. The son is both a father and a son — so "two fathers and two sons" with just three people.

Q3: Your left elbow.

Q4: His horse is named Friday.

Q5: The match

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