



At Beatitudes, we make the most of good weather! May Street Fair.

May 17 - June 27, 2026

CHANNEL 1-2

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

Regular Programs

RED: Official Videos

BLACK: Leisure & Education

- **Monthly Admin Town Hall Meeting**
 - Sun 4:30 pm, Wed 7pm, Sat 3 pm
- **Monthly Resident Council Meeting**
 - Mon 5:30 pm, Wed 8:30 pm, Sat 4:30 pm
- **Exercise Videos – New Content!**
 - 10:00 & 12:30 – EXERCISE CLASS 1
 - 10:45 & 1:15 – EXERCISE CLASS 2
 - 6:00 pm – AFTERNOON EXERCISE
- **New Resident Info Video**
 - AI Overview Video – Su, Mo @ 2 pm
 - Community Matters – Th, Fr @ 4 pm

Rotating Weekly Programs

- **B-Informed Live – Rotates Weekly**
 - Tu, We, Th, Fr @ 2:00 pm
 - Tu @ 4-6 pm, We @ 4-6 pm
 - Tu @ 10:30 pm
- **Roadrunner Audible with Avatars**
 - Every morning @ 6:00 – 7:00 am
 - Sun-Wed @ 9:00-10:00 am
 - Sun 3 pm, Mo 4 pm, Tues 7 pm

- **Catholic Mass – Rotates Weekly**
 - Th & Fr @ 9:00 am
 - LIVE on Ch 1-3 Su @ 9:30 am
- **Sunday Worship – Rotates Weekly**
 - Th & Fr @ 3:00 pm
 - LIVE on Ch 1-3 Sun @ 3:00 pm
- **How It Works – Rotates Weekly**
 - Su 8a, Su10p, Mo & We 3p, Tu 8:30p
- **Meet The Team – Rotates Weekly**
 - Mo 8a & 10p, Tu 3p, Sa 8a

Week of May 17

How it Works: Finances

Meet the Team: Mike Smallwood

Week of May 24

How it Works: Human Resources

Meet the Team: Donna Taylor

Week of May 31

How it Works: Governance

Meet the Team: Jon Schilling

Week June 7

How it Works: Comfort Matters

Meet the Team: Nina Louis

Week June 14

How it Works: Beatitudes Foundation

Meet the Team: Don Bergem

Week June 21

How it Works: Trends in Senior Living

Meet the Team: Alexia Robles

Week June 28

How it Works: Facilities & Housekeeping

Meet the Team: Mara Gilmartin

Entertainment Programming

- **Special Programming**
 - Special #1 (one hour)
 - Kate Brophy McGee
 - Sa 2p, We 9:30p Fr 9p
 - May be replaced by Campus Content
 - Special #2 (one hour)
 - Light Rail Presentation
 - Fr 8 am, Fr 10 pm
 - May be replaced by Campus Content
 - Special #3 (two hours)
 - Nutritional Trivia x 4
 - Mo 7p, Th 7p, Sa 7p, Fr 11p
 - May be replaced by Campus Content
 - Special #4 (two hours)
 - Old Timey Movies – Various/Periodic
 - May be replaced by Campus Content
- **Clean Comedy Hour – Various**
 - A different video every Friday @ 5:00 pm
- **Guest Musical Performances**
 - **Every morning from 7:00 – 8:00 am**
 - Sun: Music and Wine Series Performer
 - Mon: Tender Loving Crooners
 - Tues: Phoenix Pioneer Band
 - Wed: Michael Ellis on Piano
 - Thurs: Phoenix Valley Chorale
 - Fri: Sax Quartet
 - Sat: Beaded Lizard Feature Act
- **Beatitudes Resident Performances**
 - PV Sing-Along @ Tu 8:00 am, Mo 9:00 pm
 - Evans-Bell @ Th 8:00 am, Tu 9:30 pm
 - On the Rocks @ We 8 am, Sa 9:00 pm
 - Piano Jam @ Fri 8:00 am, Sun 9:00 pm
 - Bead Lizard Jam – @ Mo, We, Fr at 12 M

- **Beatitudes Flashbacks**
 - Every day @ 11:30 – 12:30
 - W 10:30p, Th 9p
 - Su, Mo, Sa @ 11 pm, We 10:30 pm
- **Late Evening 6 Hour Music**
 - Su, Tu, Sa @ 12:00 Midnight

Occasionally try a different mind exercise when you settle in for the night.
The answers are on the back page.

Sunday

- 6:00 – **Roadrunner AI Headline Video**
- 7:00 – GUEST MUSIC: MUSIC & WINE
- 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 – **Roadrunner AI Headline Video**
- 4:30 – **ADMIN TOWN HALL**
- 6:00 – L1 WORKOUT WITH WALKERS
- 7:00 – FLASHBACK VIDEOS
- 9:00 – LOCAL MUSIC: PIANO JAM
- 10:00 – **HOW IT WORKS**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – SIX HOURS QUIET MUSIC

Riddle 1: I have hands, but can't clap. I have a face, but no eyes. What am I?

Monday

- 6:00 – **Roadrunner AI Headline Video**
- 7:00 – GUEST MUSIC: TLC CROONERS
- 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 – **Roadrunner AI Headline Video**
 5:30 – **RESIDENTS COUNCIL**
 7:00 – SPECIAL: Nutritional Trivia
 9:00 – MUSIC: PLAZA VIEW SING ALONG
 10:00 – **MEET THE TEAM**
 11:00 – **ONE HOUR FLASHBACKS**
 11:58 – BEADED LIZARD – FULL 2 HOURS

Riddle 2: What must be broken in order to use it?

Tuesday

6:00 – **Roadrunner AI Headline Video**
 7:00 – GUEST MUSIC: PHX PIONEER BAND
 8:00 – LOCAL MUSIC: PV 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
 2:00 – **BE INFORMED – LIVE**
 3:00 – **MEET THE TEAM**
 4:00 – **BE INFORMED – REPLAY**
 6:00 – L1 CHAIR YOGA
 7:00 – **Roadrunner AI Headline Video**
 8:30 – **HOW IT WORKS**
 9:30 – LOCAL FUSION: EVANS-BELL
 10:30 – **BE INFORMED – REPLAY**
 11:58 – SIX HOURS QUIET MUSIC

Riddle 3: I'm light as a feather, but even the strongest person can't hold me for more than a few minutes. What am I?

Wednesday

6:00 – **Roadrunner AI Headline Video**
 7:00 – GUEST MUSIC: MICHAEL ELLIS
 8:00 – LOCAL MUSIC: 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 – FULL 2 HOURS

Question 4: What is it that if I give you mine, and you give me yours, the other has a bit of it, but we both still have all that we started with.

TIDBITS: Sharks are older than trees — they've been swimming the oceans for over 450 million years. Crocodiles have also been around a long time. They've been unchanged for over 200 million years.

Thursday

6:00 – **Roadrunner AI Headline Video**
 7:00 – GUEST MUSIC: VALLEY CHORALE
 8:00 – LOCAL FUSION: EVANS-BELL
 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

Friday

6:00 – **Roadrunner AI Headline Video**
 7:00 – OUTSIDE MUSIC: SAX QUARTET
 8:00 – LOCAL MUSIC: PIANO JAM
 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 – LOCAL MUSIC: PV SING ALONG
 11:00 – SPECIAL: Nutritional Trivia
 11:58 – BEADED LIZARD – FULL 2 HOURS

Saturday

6:00 – **Roadrunner AI Headline Video**
 7:00 – GUEST MUSIC: BL FEATURE ACT
 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 – MUSIC: BISTRO: ON the ROCKS
 10:00 – **READERS THEATER**
 11:00 – **ONE HOUR FLASHBACKS**
 11:58 – SIX HOURS OF QUIET MUSIC

ANSWERS TO PUZZLES

Q1: A Clock
 Q2: An egg
 Q3: Your breath
 Q4: Knowledge

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

Heat Stroke If someone stops sweating, gets confused, or has hot dry skin — that could be a medical emergency. Call Security at 602-433-6172.

Cool Down Smart A lukewarm shower cools you faster than an ice-cold one, which causes blood vessels to constrict.