



**For channels  
1-2 and 1-3**

**February 2 – March 1**

**BLUE IS AM. RED IS PM.**

**NOTE:** When a QR Code is beside an event, you can scan the QR Code and watch the program at any time.

• **CHANNEL 1-3 LIVE PROGRAMMING**

- Catholic Mass – Sunday @ 9:00 am
- Non-Denominational Worship Service – Sunday @ 3:00 pm
- Beaded Lizard Musical Jam – Wednesday @ 6:00 pm

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Please send comments and suggestions about this TV Guide to Robert Andrews @ 602-999-4120 or Robert@ARIZ.COM

# SPECIAL EVENT SUMMARY

- **Official Beatitudes Productions**

- **BEATITUDES PRIME TIME SPECIALS are from 7:00 - 9:00 and are special interest broadcasts.**
  - **Monday, Thursday, Friday and Saturday**
  - **All “must see” programming is put here.**
- **B Informed by Michelle & David** – 10-20 minutes – First airs Tuesday @ 2:00, then repeats from 4:00-7:00 and at 9:30 then Wednesday through Saturday at 3:00 and from 4:00-7:00
- **Admin Town Hall** – 50-70 minutes – Live in the Life Center @ 2:00 on the First Wednesday – Replay Mon @ 5:30, **Wed @ 7 pm**
- **Residents Council** – 50-70 minutes – Live in the Life Center @ 2:00 on the Second Wednesday – Replay Mon @ 4:00, **Tues @ 7 pm**
- **How it Works** – 45-55 minutes – Plays Sun @ 11:30, Mon @ 3 pm, Tues @ 8:30 pm, Wed @ 3 pm
- **Meet the Team** – 45-55 minutes – Plays Sun at 3 pm, Mon @ 11:30, Tues @ 3 pm, Wed @ 8:30 pm
- **Sunday Worship** – 45-55 minutes – Live in the Life Center @ 3 pm Sunday also on Channel 1-3. Replay Thurs & Fri @ 3 pm
- **Sunday Mass** – 45-55 minutes – Live in the Life Center @ 9:00 Sunday also on Channel 1-3. Replay Thurs & Fri @ 8:30 am
- **Exercise Videos** – 40 minutes – two segments every day at 10 am and 12:30 pm, and 10:45 am and 1:15 pm
- **Beatitudes Affirmations** – Saturday @ 4 pm and 11 pm
- **Leading Age: What is it?** - Sat @ 9:30 am

## • **Performing Arts**

- **Plaza View Sing Along** – Thurs @ 11 pm, Sat @ 10 pm
- **Piano, Key, Harp Jam** – Jerry and Suzanne Hartley & Guests – Sun @ 10 pm, Wed @ 11 pm, Fri @ 11:30 am
- **On the Rocks Happy Hour** – Robert, Bill and the Purple Gang – Tues @ 11:30 pm, Thu @ 10 pm
- **Bistro Saturday Happy Hour Entertainer** – Mon 10 pm
- **Evans-Bell Conversion** – Sun @ 11 pm, Fri 10:30 pm, Sat 9 pm
- **Beaded Lizard** – Mon 11 pm, Fri @ 11:30 pm

## • **Communications Committee Productions**

- **New Resident Informational Video** – Plays Sun and Mon @ 2:00
- **Flashback Shorts** – Sun from 4 pm till 10 pm, Tues @ 11:30, Sat from 7 pm until 9 pm
- **Longer Flashback** – Thu @ 9 pm, Sat @ 7 pm, Sun @ 4-10 pm
- **Roadrunner EXTRA** – Stories by Residents – Sat @ 8:30 am, Sat @ 5 pm
- **Roadrunner BRIEF** – 10-20 minutes – Plays every morning from 8:00-8:30 - A short summary of Menu and Special Events
- **Roadrunner WEEKLY** – 20-30 minutes – Plays Sun, Mon and Tues from 8:30-10:00 am - Menu and Special Events and Pertinent Articles
- **Roadrunner COMPLETE** – 30-40 minutes – Plays Sun, Mon and Tues on first full week from 8:30-10:00 am - Dining Services, All Events, All Articles

## • **Other Programming**

- **Readers Theater** – Wed @ 11:30, Sat @ 3p, Sat @ 3p
- **Wake up to Light Music** – Every morning from 7 am until 8 am
- **Unitarian Universalist** plays Wed @ 8:30 am & Fri @ 9:00 pm
- **New Res Welcome Coffee** – Wed @ 9:30 pm

# Sunday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner BRIEF (10-20 min) SCAN ME →



8:30 - Roadrunner COMPLETE (20-40 min)

10:00 - EXERCISE 1 - Line Dance

10:45 - EXERCISE 2 - Strength & Balance

11:30 - Beatitudes - How it Works

- Feb 2 - Comfort Matters
- Feb 9 – Board Governance
- Feb 16 – Marketing
- Feb 23 – Trends in Senior Living

12:30 pm - EXERCISE 1 - Line Dance

1:15 - EXERCISE 2 - Strength & Balance

2:00 - New Resident Informational Video

3:00 - Beatitudes - Meet the Team

- Feb 2 – Donna Taylor
- Feb 9 – Nina Louis
- Feb 16 – Mollie Heiden
- Feb 23 – Jim Rantz

4:00 - 10:00 - ALL Beatitudes Flashbacks

10:00 - Performing Arts: Piano / Keyboard Jam

11:00 - Performing Arts: Evans/Bell Conversion

# Monday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 - Roadrunner COMPLETE

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10:00 - EXERCISE 3 - Chair Yoga with Carole

10:45 - EXERCISE 4 – Motions with Mike

11:30 - Beatitudes - Meet the Team

- Feb 2 – Donna Taylor
- Feb 9 – Nina Louis
- Feb 16 – Mollie Heiden
- Feb 23 – Jim Rantz

12:30 pm - EXERCISE 3 - Chair Yoga with Carole

1:15 - EXERCISE 4 - Motions with Mike

2:00 - New Resident Video

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3:00 - How it Works

- Feb 2 - Comfort Matters
- Feb 9 – Board Governance
- Feb 16 – Marketing
- Feb 23 – Trends in Senior Living

4:00 - Resident's Council Meeting

5:30 - Admin Town Hall

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7:00 - 10:00 – **BEATITUDES PRIME TIME SPECIAL**

10:00 - Performing Arts: Bistro Happy Hour

11:00 - Performing Arts: Beaded Lizard

## Tuesday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 - Roadrunner COMPLETE

SCAN ME →



10:00 - EXERCISE 5 – Strength & Balance

10:45 - EXERCISE 6 - Strength & Balance

11:30 - Beatitudes Short Flashbacks

12:30 pm - EXERCISE 5 - Strength & Balance

1:15 - EXERCISE 6 - Strength & Balance

2:00 - B Informed - LIVE

3:00 - Meet the Team

- Feb 2 – Donna Taylor
- Feb 9 – Nina Louis
- Feb 16 – Mollie Heiden
- Feb 23 – Jim Rantz

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4:00 - B Informed - REPLAY

7:00 - **Residents Council Meeting**

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8:30 - How it Works

- Feb 2 - Comfort Matters
- Feb 9 – Board Governance
- Feb 16 – Marketing
- Feb 23 – Trends in Senior Living

9:30 - B Informed - REPLAY

11:30 - Performing Arts: On the Rocks with Robert & Bill

## Wednesday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

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8:30 - Unitarian Universalist Service

10:00 - EXERCISE 7 - Motions with Mike

10:45 - EXERCISE 8 - Chair Yoga with Carole

11:30 - Performing Arts: Readers Theater SHORTS

12:30 pm - EXERCISE 7 - Motions with Mike

1:15 - EXERCISE 8 - Chair Yoga with Carole

2:00 - B Informed - REPLAY

3:00 - Beatitudes - How it Works

SCAN ME →



- Feb 2 - Comfort Matters
- Feb 9 – Board Governance
- Feb 16 – Marketing
- Feb 23 – Trends in Senior Living

4:00 - B Informed - REPLAY

7:00 - **Admin Town Hall**

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8:30 - Meet the Team

- Feb 2 – Donna Taylor
- Feb 9 – Nina Louis
- Feb 16 – Mollie Heiden
- Feb 23 – Jim Rantz

9:30 - New Res Welcome Coffee

11:00 - Performing Arts: Piano / Keyboard Jam

# Thursday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 - Life Center Catholic Mass

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NOTE: CATHOLIC MASS IS AIRED LIVE SUNDAY AT 9:30 ON CHANNEL 1-3

10:00 - EXERCISE 9 – Tai Chi with Albert

10:45 - EXERCISE 10 - Motions with Mike

11:30 - Performing Arts: Plaza View Sing Along

12:30 pm - EXERCISE 9 – Tai Chi with Albert

1:15 - EXERCISE 10 - Motions with Mike

2:00 - B Informed - REPLAY

3:00 - Sunday 3 pm Worship

NOTE: SUNDAY WORSHIP IS AIRED LIVE SUNDAY AT 9:30 ON CHANNEL 1-3

4:00 - B Informed - REPLAY

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 - Performing Arts: Piano Sing Along

10:00 - Perf Arts: On the Rocks with Robert & Bill

11:00 - Performing Arts: Plaza View Sing Along

# Friday

## On the Rocks - Happy Hour Songs

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7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 - Life Center Catholic Mass

10:00 - EXERCISE 11 - Chair Yoga with Carole

10:45 - EXERCISE 12 - Strength & Balance

11:30 - Performing Arts: Piano / Keyboard Jam

12:30 pm - EXERCISE 11 - Chair Yoga with Carole

1:15 - EXERCISE 12 - Strength & Balance

2:00 - B Informed - REPLAY

3:00 - Sunday 3 pm Worship

SCAN ME →



4:00 - B Informed - REPLAY

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 - Unitarian Universalist Service

10:30 - Performing Arts: Evans/Bell Conversion

11:30 - Performing Arts: Beaded Lizard

NOTE: BEADED LIZARD MUSICAL JAM IS AIRED LIVE WEDNESDAY @ 6:00 PM ON CHANNEL 1-3

# Saturday

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 - Video Roadrunner EXTRA SCAN ME →



9:30 - Leading Age - What is it ?!?

10:00 - EXERCISE 13 - Motions with Mike

10:45 - EXERCISE 14 - Strength & Balance

11:30 - Bistro Happy Hour SCAN ME →



12:30 pm - EXERCISE 13 - Motions with Mike

1:15 - EXERCISE 14 - Strength & Bal

2:00 - B Informed REPLAY

3:00 - Performing Arts: Readers Theater SHORTS

4:00 - Affirmations

5:00 - Video Roadrunner EXTRA - Stories by Residents

6:00 – Performing Arts: On the Rocks in the Plaza Club

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 - Performing Arts: Evans/Bell Conversion

10:00 - Performing Arts: Plaza View Sing Along

11:00 - Affirmations by Residents

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