



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

## **FOR THE MONTH OF MARCH**

*Italics is an AM program.* **Block Letters indicate 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 [Roadrunner@BeatitudesCampus.org](mailto:Roadrunner@BeatitudesCampus.org) or call 602-335-8493.

# Special Event Recordings

## • Official Beatitudes Productions

- **BEATITUDES PRIME TIME SPECIALS** are from 7:00 - 9:00 Sun, Mon, Thurs, Fri, and Saturday. These are special interest “must see” broadcasts. For the month of MARCH, you can see other special broadcasts as they are recorded.
- **B Informed by Michelle & David** - 10-20 minutes - First airs Tuesday @ 2:00, then repeats from 4:00-7:00 and at 10:30 pm, then Wednesday through Friday at 2:00 and from 4:00-7:00, and Saturday at 2:00.
- **Residents Council** - 50-70 minutes - Live in the Life Center @ 2:00 on the Second Wednesday - Replay Mon @ 4:00, **Tues @ 7 pm Prime Time**
- **Admin Town Hall** - 50-70 minutes - Live in the Life Center @ 2:00 on the First Wednesday - Replay Mon @ 5:30, **Wed @ 7 pm during Prime Time**
- **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 am, Tues @ 3 pm, Wed @ 8:30 pm
- **Sunday Mass** - 45-55 minutes - Live in the Life Center @ 9:00 Sunday also Live on Channel 1-3. Replay Thurs & Fri @ 8:30 am
- **Sunday Worship** - 45-55 minutes - Live in the Life Center @ 3 pm Sunday also Live on Channel 1-3. Replay Thurs & Fri @ 3 pm
- **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** - Sun and Mon during 2:00 New Res Video
- **Other Specials** will play Saturday at 9:30 am. **Leading Age: What is it?**



## • **Performing Arts**

- **Plaza View Sing Along** - Friday @ 11:30 am and Wed @ 9:30 pm
- **Piano, Key, Harp Jam** - Jerry and Suzanne Hartley & Guests - Thursday 11:30 am and Friday @ 10:00 pm
- **On the Rocks Happy Hour** - Robert, Bill and the Purple Gang - Wednesday @ 11:30 am and Monday @ 9:00 pm
- **Bistro Saturday Happy Hour Entertainer and other Outside Entertainers (as they are recorded)** - Tues @ 11:30 and Sun @ 9:00 pm
- **Evans-Bell Conversion and other Outside Entertainers (as they are recorded)** - Saturday @ 11:30 am and Tuesday @ 9:30 pm
- **Beaded Lizard** - Saturday @ 9:00 pm and Mon, Wed and Fri @ 11:58 pm

## • **Communications Committee Productions**

- **New Resident Informational Video** - Plays Sun and Mon @ 2:00
- **Flashback Shorts** - (under 10 minutes) Sun from 4 pm till 7 pm, Sun, Mon and Fri from 11:00 pm till Midnight,
- **Monthly Flashbacks** - (over 10 minutes) Wednesday 10:30 pm until Midnight
- **All Flashback Videos** - Thursday from 9:00 till Midnight
- **Roadrunner EXTRA** - Stories by Residents - Sat @ 8:30 am and 10:00 pm
- **In-Home Karaoke** - Have yourself a Karaoke party!! 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, Tues and Wed from 8:30-10:00 am - Menu and Special Events and Pertinent Articles

## • **Other Programming**

- **Readers Theater** - Saturday 3:00 pm and 11:00 pm
- **Wake up to Light Music** - Every morning from 7 am until 8 am
- **Six Hours of Quiet Music** - Sunday, Thursday and Saturday @ 11:58 pm
- **Unitarian Universalist** plays Friday @ 9:00 pm
- **New Resident Informational Videos** play Sunday and Monday at 2:00 pm

# Sunday – Channel 1-2

7:00 am - *Wake up to Music and Video*

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



8:30 - *Roadrunner WEEKLY (20-40 min)*

10:00 - *EXERCISE 1 - Line Dance*

10:45 - *EXERCISE 2 - Strength & Balance*

11:30 - *Beatitudes - How it Works (See back page)*

12:30 pm - EXERCISE 1 - Line Dance

1:15 - EXERCISE 2 - Strength & Balance



2:00 - New Resident Info Videos SCAN ME →

3:00 - Beatitudes - Meet the Team (See back page)

4:00 - 7:00 - Short Flashbacks - each 2-10 minutes

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

9:00 - Performing Arts: Outside Entertainment

10:00 - How it Works (See Back Page)

11:00 - Short Flashbacks - each 2-10 minutes in length

11:58 - Six hours of soft music

# Monday – Channel 1-2

7:00 am - *Wake up to Music and Video*

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

8:30 - *Roadrunner WEEKLY* SCAN ME →



10:00 - *EXERCISE 3 - Chair Yoga with Carole*

10:45 - *EXERCISE 4 - Motions with Mike*

11:30 - *Beatitudes - Meet the Team (See back page)*

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

1:15 - EXERCISE 4 - Motions with Mike



2:00 - New Resident Videos SCAN ME →

3:00 - How it Works (See back page)

4:00 - Resident's Council Meeting



5:30 - Admin Town Hall SCAN ME →

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

9:00 - Performing Arts: Plaza Club Happy Hour

10:00 - Meet thte Team (See back page)

11:00 - Short Flashbacks - each 2-10 minutes in length

11:58 - Performing Arts: Beaded Lizard (two hours)

# Tuesday – Channel 1-2

7:00 am - *Wake up to Music and Video*

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

8:30 - *Roadrunner WEEKLY*      *SCAN ME* →



10:00 - *EXERCISE 5 - Strength & Balance*

10:45 - *EXERCISE 6 - Core & Conditioning*

11:30 - *Performing Arts: Outside Entertainers*

12:30 pm - *EXERCISE 5 - Strength & Balance*

1:15 - *EXERCISE 6 - Core & Conditioning*

2:00 - *B Informed - LIVE*      *SCAN ME* →



3:00 - *Meet the Team (Back page)*

4:00 - *B Informed - REPLAY*

7:00 - **Residents Council Meeting**      *SCAN ME* →



8:30 - *How it Works (See back page)*

9:30 - *Performing Arts: Evans-Bell and Others*

10:30 - *B Informed - REPLAY*

11:58 - **BEATITUDES PRIME TIME SPECIAL (2 hours)**

# Wednesday – Chan 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief* SCAN ME →



8:30 - *Roadrunner Weekly with Articles*

10:00 - *EXERCISE 7 - Motions with Mike*

10:45 - *EXERCISE 8 - Chair Yoga with Carole*

11:30 - *Readers Theater*

12:30 pm - EXERCISE 7 - Motions with Mike

1:15 - EXERCISE 8 - Chair Yoga with Carole

2:00 - B Informed - REPLAY

3:00 - How it Works (See back page) SCAN ME →



4:00 - B Informed - REPLAY

7:00 - **Admin Town Hall**

8:30 - Meet the Team (See back page) SCAN ME →



9:30 - Performing Arts: Plaza View Sing Along

10:30 - Longer Flashbacks (over 10 minutes)

11:58 - Performing Arts: Beaded Lizard (two hours)

# Thursday – Channel 1-2

7:00 am - *Wake up to Music and Video*

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

8:30 - *LC Catholic Mass*      SCAN ME →



*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: Piano and Harp Jam*

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      SCAN ME →



*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 - All Flashback Videos - Short and Long

11:58 - Six hours of soft music

# Friday – Channel 1-2

*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: Plaza View Sing Along*

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

10:00 - Performing Arts: Piano and Harp Jam

11:00 - Short Flashbacks - each 2-10 minutes in length

11:58 - Performing Arts: Beaded Lizard (Two hours)

NOTE: Beaded Lizard Musical Jam is aired live Wednesday @ 6:00 pm on Channel 1-3

# Saturday – Channel 1-2

*7:00 am - Wake up to Music and Video*

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

*8:30 - Video Roadrunner Extra: Resident Stories*

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

*10:00 - EXERCISE 13 - Motions with Mike*

*10:45 - EXERCISE 14 - Strength & Balance*

*11:30 - Performing Arts: Evans Bell and Others*

12:30 pm - EXERCISE 13 - Motions with Mike

1:15 - EXERCISE 14 - Strength & Balance

2:00 - B Informed REPLAY

3:00 - Performing Arts: Readers Theater

5:00 - Karaoke - Sing in your home, or have a party!

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

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

9:00 - Performing Arts: Beaded Lizard Feature Act

10:00 - Video Roadrunner Extra: Resident Stories

11:00 - Readers Theater

11:58 - Six hours of soft music

**On the Rocks - Happy Hour Songs**

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TV Guide and QR Directory

**To download a new TV Guide, or to get a directory of QR Codes for most of the above programming, SCAN ME →**



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## Beatitudes How It Works

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- Week 1 – Beatitudes Culture and HR
- Week 2 – Fund Development, Auxiliary, HR
- Week 3 – Michelle and David – Governance
- Week 4 – Campus Operations -
- Week 5 – Finances

## Meet the Team

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- Week 1 - Nina Louis
- Week 2 – David Ragan
- Week 3 – Scott Appel
- Week 4 – Mike Smallwood
- Week 5 – Jon Schilling

