



We have a new salt-water pool It should be ready in early July!

July 1 -July 31, 2026

CHANNEL 1-2

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

Static Programs

NEW RESIDENT INFO VIDEO

- Community Matters – Th, Fr @ 4 pm. also Sunday and Monday afternoons at 2:00 pm

Refreshed Weekly

B-INFORMED WEEKLY LIVE

- Tu, We, Th, Fr @ 2:00 pm
- Tu @ 4-6 pm & 10:30 pm, We @ 4-6 pm

ROADRUNNER AUDIBLE

- Every morning @ 6:00 – 7:00 am
- Sun-Wed @ 9:00-10:00 am
- Sun 3 pm, Mo 4 pm, Tues 7 pm

WEEKLY CHURCH SERVICES

- **Catholic Mass**
 - 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
- **Jewish Temple Kol Ami Service**
 - Rebroadcast: Saturday @ 2:00 pm

HOW IT WORKS

- Su 8a, Su10p, Mo 3p, Tu 8:30p
 - A look inside Beatitudes Operations

MEET THE TEAM

- Mo 8a, Mo10p, Sa 8a
 - Meet the team helping you every day.

Week of June 28

- **How it Works:** Beatitudes Foundation
- **Meet the Team:** Alexia Robles / Setup

Week of July 5

- **How it Works:** Governance
- **Meet the Team:** Mara Gilmartin / Res Svcs

Week July 12

- **How it Works:** Marketing Strategies
- **Meet the Team:** Jonathan Gibbs / Marketing

Week July 19

- **How it Works:** HCC & Assisted Living
- **Meet the Team:** Scott Appel / Marketing

Week July 26

- **How it Works:** Trends in Senior Living
- **Meet the Team:** Nina Louis

ROADRUNNER AUDIBLE

WE ARE MOVING AWAY FROM A.I. AVATARS. WE NEED READERS. IF YOU ARE WILLING TO READ THE ROADRUNNER ONCE A MONTH, PLEASE COME TO THE RESIDENT LUNCHEON EVERY SUNDAY AT NOON IN THE PLAZA CLUB

Monthly Programs

- **Monthly Admin Town Hall Meeting**
 - Meeting is on the First Wednesday in LC
 - Sun 4:30 pm, Wed 7:00 pm, Sat 3:00 pm
- **Monthly Resident Council Meeting**
 - Meeting is on the Second Wednesday
 - Mon 5:00 pm, Wed 8:30 pm, Sat 4:30 pm

Updated Periodically

- **Special Rotating Programs**
 - May be replaced by Campus Content
 - Special #1 @ Mo 11p, We 9:30p, Fr 10p
 - CPW Special Rate – PS and PN only
 - Special #2 @ Mo 7p, Th 7p, Tu 3p, We 3p
 - At the Table – PS and PN (for now)
 - Special #3 – Fr, Sa, Su @ 7 pm
 - Old Timey Movies (1930 – 1970)
 - July Movie: All for Liberty
 - Special #4 – Friday @ 11 pm
 - Nutritional Trivia
- **Every Day Exercise**

See each day for specific named exercises.

 - 10:00 & 12:30 – EXERCISE CLASS 1
 - 10:45 & 1:15 – EXERCISE CLASS 2
 - 6:00 pm – AFTERNOON EXERCISE

Occasionally try a different mind exercise
when you settle in for the night.

The answers are on the back page.

CLEAN COMEDY HOUR

- A different video every Friday @ 5:00 pm

TIDBITS: Jellyfish have been around for over 500 million years — making them older than sharks, trees,, the orbit of the moon, and the rings of Saturn.

Riddle 1: What gets wetter the more it dries?

- **Guest Musical Performances**
 - Join us every morning from 7:00 – 8:00 am for an “outside” featured act
- **Beatitudes Resident Performances**
 - PV Sing-Along @ Mo 9p, Tu 8a, Sa 11p
 - Evans-Bell @ Su 11p, Tu 9:30p, Th 8a
 - On the Rocks @ We 8a, Th 9p, Sa 10p
 - Piano Jam @ Su 9p, W 10:30p, Fr 8a
 - Bead Lizard Jam – @ Mo, We, Fr at 12 M
- **Beatitudes Flashbacks**
 - Every day @ 11:30 – 12:30
- **Late Evening 6 Hour Music**
 - Su, Tu, Sa @ 12:00 Midnight

Sunday

6:00 – **Roadrunner Highlights Video**

7:00 – GUEST PERFORMANCES

8:00 – **LLL HOW IT WORKS**

9:00 – **Roadrunner Highlights 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 RESIDENTS - INFO VIDEO**

3:00 – **Roadrunner Highlights Video**

4:30 – **ADMIN TOWN HALL**

6:00 – L1 WORKOUT WITH WALKERS

7:00 – OLD-TIMEY MOVIE – See Uniguest

9:00 – RESIDENT MUSIC: PIANO JAM

10:00 – **HOW IT WORKS**

11:00 – RESIDENT MUSIC: EVANS-BELL

11:58 – SIX HOURS QUIET MUSIC

Monday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
8:00 – **LLL MEET THE TEAM**
9:00 – **Roadrunner Highlights 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 - INFO VIDEO**
3:00 – **HOW IT WORKS**
4:00 – **Roadrunner Highlights Video**
5:00 – **RESIDENTS COUNCIL**
7:00 – SPECIAL OFFER: At the Table
9:00 – RESIDENT MUSIC: PV SING ALONG
10:00 – **MEET THE TEAM**
11:00 – CPW Special Rate – PS and PN only
11:58 – BEADED LIZARD – FULL 2 HOURS

Riddle 2: You see a boat filled with people, yet there isn't a single person on board. How is that possible?

Tuesday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
8:00 – RESIDENT MUSIC: PV SING ALONG
9:00 – **Roadrunner Highlights 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 – SPECIAL OFFER: At the Table

4:00 – **BE INFORMED – REPLAY**
6:00 – L1 CHAIR YOGA
7:00 – **Roadrunner Highlights Video**
8:30 – **HOW IT WORKS**
9:30 – RESIDENT MUSIC: EVANS-BELL
10:30 – **BE INFORMED – REPLAY**
11:58 – SIX HOURS QUIET MUSIC

Riddle 3: Forward I am heavy, but backward I am not. What am I?

Wednesday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
8:00 – RESIDENT MUSIC: ON THE ROCKS
9:00 – **Roadrunner Highlights 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 – SPECIAL OFFER: At the Table
4:00 – **BE INFORMED – REPLAY**
6:00 – L2 STRENGTH & BALANCE
7:00 – **ADMIN TOWN HALL**
8:30 – **RESIDENT COUNCIL**
9:30 – CPW Special Rate – PS and PN only
10:30 – RESIDENT MUSIC: PIANO JAM
11:58 – BEADED LIZARD – FULL 2 HOURS

Thursday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
8:00 – RESIDENT MUSIC: EVANS-BELL
9:00 – LC CATHOLIC MASS

Catholic Mass is live Sunday at 9:30 on Channel 1-3

Question 4: There's a one-story house where everything is pink — pink walls, pink doors, pink furniture. What color are the stairs?

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 - INFO VIDEO**
6:00 – L1 CHAIR YOGA
7:00 – SPECIAL OFFER: At the Table
9:00 – RESIDENT MUSIC: ON THE ROCKS
11:58 – SIX HOURS OF QUIET MUSIC

Riddle 5: A girl is sitting in a house at night with no lights on. There's no fire, no candle, nothing. Yet she's reading. How?

Friday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
8:00 – RESIDENT 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 - INFO VIDEO**
5:00 – CLEAN COMEDY HOUR
6:00 – L2 STRENGTH & BALANCE

7:00 – OLD-TIMEY MOVIE – See Uniguest
10:00 – CPW Special Rate – PS and PN only
11:00 – SPECIAL: Nutritional Trivia
11:58 – BEADED LIZARD – FULL 2 HOURS

Saturday

6:00 – **Roadrunner Highlights Video**
7:00 – GUEST PERFORMANCES
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 – **Temple Kol Ami Scottsdale**
3:00 – **ADMIN TOWN HALL**
4:30 – **RESIDENTS COUNCIL**
6:00 – L1 CHAIR YOGA
7:00 – OLD-TIMEY MOVIE – See Uniguest
10:00 – RESIDENT MUSIC: ON THE ROCKS
11:00 – RESIDENT MUSIC: PV SING ALONG
11:58 – SIX HOURS OF QUIET MUSIC

ANSWERS TO PUZZLES

Q1: A Towel – Q2: Everyone is married. They are not "single" – Q3: TON – Q4: There are no stairs. It's a one-story house. - Q5: She is blind. She is reading Braille.

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

Heat Stroke If someone stops sweating, and 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.