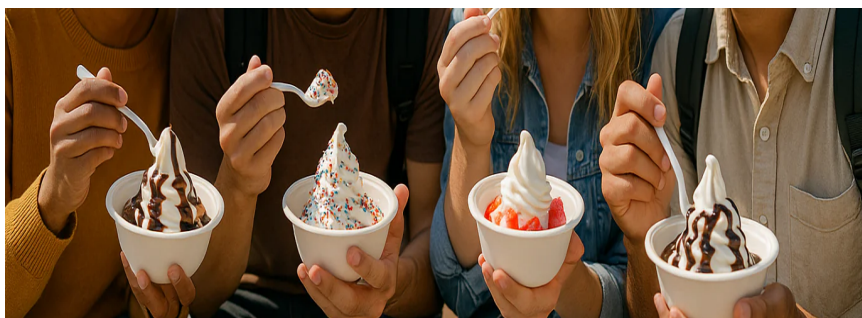




We have no Community Wednesdays except for ice-cream sundaes!

August 1 – August 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

WEEKLY CHURCH SERVICES

- **Catholic Mass**
 - Thursday & Friday @ 9:00 am
 - LIVE on Ch 1-3 Su @ 9:30 am
- **Sunday Worship – Rotates Weekly**
 - Thursday & Friday @ 3:00 pm
 - LIVE on Ch 1-3 Sun @ 3:00 pm
- **Jewish Temple Kol Ami Service**
 - Rebroadcast: Saturday @ 2:00 pm

THINGS YOU NEED TO KNOW

So we took a show-of-hands pole at the Resident Council meeting, of who were watching the Roadrunner Audible on Channel 1-2. Only 3 out of about 100 raised their hand, so RRA is no more.

Give our Brain-Busters a try.
The answers are on the back page.

INSIDE BEATITUDES

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 August 2

- **How it Works:** Beatitudes Finances
- **Meet the Team:** Jim Rantz

Week of August 9

- **How it Works:** Human Resources
- **Meet the Team:** Mollie Heiden

Week August 16

- **How it Works:** Campus Operations
- **Meet the Team:** Mike Smallwood

Week August 23

- **How it Works:** Governance
- **Meet the Team:** Donna Taylor

Week August 30

- **How it Works:** Facilities & Housekeeping
- **Meet the Team:** Jon Schilling

Updated Monthly

- **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
- **August Evening Movie: Oliver Twist**
 - Friday, Saturday and Sunday @ 7 pm
- **Clean Comedy Hour**
 - Thursday and Friday @ 5 pm

Updated Periodically

- **Special Programming**
 - May be replaced by other Campus Content
 - **Special #1 @ Su 11:30, Mo 7p, Tu 3p, We 9a, Th 11:30a, Fr 11p,**
 - Summer Safety – First Session
 - Emergency Communication
 - **Special #2 @ Su 9 a, Mo 11:30 a, Mo 11p, Tu 7p, We 9:30p, Fr 11:30a**
 - Summer Safety – Second Session
 - Extreme Heat Precautions
 - **Special #3 @ Su 3p, Mo 9a, Tu 11:30a, We 3p, Sa 11:30a**
 - Summer Safety – Third Session
 - Medical Preparedness Panel
 - **Special #4 @ Mo 4p, Tu 9a, We 11:30a, Th 7p, Fr 10p, Sa 9a**
 - Summer Safety – Fourth Session
 - Evacuation Protocols
- **Every Day Exercise**

See each day for specific named exercises.

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

• Beatitudes Musical Performances

Programming is changed periodically as we have new content.

- PV Sing-Along
 - @ Mo 9p, Tu 8a, Th 7a, Sa 11p
- Evans-Bell
 - @ Su 11p, Tu 9:30p, Th 8a, Sa 7a
- On the Rocks
 - @ We 8a, Th 9p, Sa 10p, Su 7a
- Piano Jam
 - @ Su 9p, Tu 7a, W 10:30p, Fr 8a
- Featured Guest Performer
 - @ Fr 7a, Mo 7a, We 7a
- Bead Lizard Jam @ Mo, We, Fr at 12 M
- Late Evening 6-8 Hour Music
 - Su, Tu, Th Sa @ 12:00 Midnight

Riddle 1: What becomes bigger, the more you take away?

Sunday

6:00 – SIT AND BE FIT – Morning Wake-up
 7:00 – RESIDENT MUSIC: ON THE ROCKS
 8:00 – **LLL HOW IT WORKS**
 9:00 – **SPECIAL PROGRAMMING #2**
 10:00 – L1 CHAIR YOGA
 10:45 – STRENGTH & BALANCE
 11:30 – **SPECIAL PROGRAMMING #1**
 12:30 – L1 CHAIR YOGA
 1:15 – STRENGTH & BALANCE
 2:00 – **NEW RESIDENTS - INFO VIDEO**
 3:00 – **SPECIAL PROGRAMMING #3**
 4:30 – **ADMIN TOWN HALL**
 6:00 – L1 WORKOUT WITH WALKERS
 7:00 – **AUGUST MOVIE: Oliver Twist**
 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 – SIT AND BE FIT – Morning Wake-up
7:00 – GUEST PERFORMANCES
8:00 – **LLL MEET THE TEAM**
9:00 – **SPECIAL PROGRAMMING #3**
10:00 – L1 CHAIR YOGA
10:45 – L3 CORE & CONDITIONING
11:30 – **SPECIAL PROGRAMMING #2**
12:30 – L1 CHAIR YOGA
1:15 – L3 CORE & CONDITIONING
2:00 – **NEW RESIDENT - INFO VIDEO**
3:00 – **HOW IT WORKS**
4:00 – **SPECIAL PROGRAMMING #4**
5:00 – **RESIDENTS COUNCIL**
7:00 – **SPECIAL PROGRAMMING #1**
9:00 – RESIDENT MUSIC: PV SING ALONG
10:00 – **MEET THE TEAM**
11:00 – **SPECIAL PROGRAMMING #2**
11:58 – BEADED LIZARD – FULL 2 HOURS

Riddle 2: What word looks the same when it is upside down?

Tuesday

6:00 – SIT AND BE FIT – Morning Wake-up
7:00 – RESIDENT MUSIC: PIANO JAM
8:00 – RESIDENT MUSIC: PV SING ALONG
9:00 – **SPECIAL PROGRAMMING #4**
10:00 – L2 SIT AND BE FIT
10:45 – L1 MORNING MOTIONS
11:30 – **SPECIAL PROGRAMMING #3**
12:30 – L2 SIT AND BE FIT
1:15 – L1 MORNING MOTIONS
2:00 – **BE INFORMED – LIVE**
3:00 – **SPECIAL PROGRAMMING #1**
4:00 – **BE INFORMED – REPLAY**

6:00 – L1 CHAIR YOGA
7:00 – **SPECIAL PROGRAMMING #2**
8:30 – **HOW IT WORKS**
9:30 – RESIDENT MUSIC: EVANS-BELL
10:30 – **BE INFORMED – REPLAY**
11:58 – SIX HOURS QUIET MUSIC

Riddle 3: I'm made of many steps but no legs.
What am I?

Wednesday

6:00 – SIT AND BE FIT – Morning Wake-up
7:00 – GUEST PERFORMANCES
8:00 – RESIDENT MUSIC: ON THE ROCKS
9:00 – **SPECIAL PROGRAMMING #1**
10:00 – L1 CHAIR YOGA
10:45 – L3 CORE & CONDITIONING
11:30 – **SPECIAL PROGRAMMING #4**
12:30 – L1 CHAIR YOGA
1:15 – L3 CORE & CONDITIONING
2:00 – **BE INFORMED – REPLAY**
3:00 – **SPECIAL PROGRAMMING #3**
4:00 – **BE INFORMED – REPLAY**
6:00 – L2 STRENGTH & BALANCE
7:00 – **ADMIN TOWN HALL**
8:30 – **RESIDENT COUNCIL**
9:30 – **SPECIAL PROGRAMMING #2**
10:30 – RESIDENT MUSIC: PIANO JAM
11:58 – BEADED LIZARD – FULL 2 HOURS

Thursday

6:00 – SIT AND BE FIT – Morning Wake-up
7:00 – RESIDENT MUSIC: PV SING ALONG
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 room with two doors. One leads to freedom, the other to doom. Two guards stand watch — one always tells the truth, the other always lies, but you don't know which is which. You may ask one guard one question to find the door to freedom. What do you ask?

10:00 – L2 QI-GONG
 10:45 – L2 STRENGTH & BALANCE
 11:30 – **SPECIAL PROGRAMMING #1**
 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**
 5:00 – CLEAN COMEDY HOUR
 6:00 – L1 CHAIR YOGA
 7:00 – **SPECIAL PROGRAMMING #4**
 9:00 – RESIDENT MUSIC: ON THE ROCKS
 11:58 – SIX HOURS OF QUIET MUSIC

Friday

6:00 – SIT AND BE FIT – Morning Wake-up
 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 – **SPECIAL PROGRAMMING #2**
 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
 4:00 – **NEW RESIDENTS - INFO VIDEO**

5:00 – CLEAN COMEDY HOUR
 6:00 – L2 STRENGTH & BALANCE
 7:00 – **AUGUST MOVIE: Oliver Twist**
 10:00 – **SPECIAL PROGRAMMING #4**
 11:00 – **SPECIAL PROGRAMMING #1**
 11:58 – BEADED LIZARD – FULL 2 HOURS

Saturday

6:00 – SIT AND BE FIT – Morning Wake-up
 7:00 – RESIDENT MUSIC: EVANS-BELL
 8:00 – **MEET THE TEAM**
 9:00 – **SPECIAL PROGRAMMING #4**
 10:00 – L1 WORKOUT WITH WALKERS
 10:45 – L1 MORNING MOTIONS
 11:30 – **SPECIAL PROGRAMMING #3**
 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 – **AUGUST MOVIE: Oliver Twist**
 10:00 – RESIDENT MUSIC: ON THE ROCKS
 11:00 – RESIDENT MUSIC: PV SING ALONG
 11:58 – SIX HOURS OF QUIET MUSIC

ANSWERS TO PUZZLES

1. A hole 2. SWIMS 3. A staircase
 4. Ask either guard, "What would the other guard say is the door to freedom?" — then take the opposite door.

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.