



Don't forget LifeLong Learners Registration! Sept 8 & 9

September 1 – September 30, 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

Starting September 1, all new residents are on the “At the Table” meal plan. This is also available to current residents as well. If interested, talk with Jon Schilling or someone in Community Matters.

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 September 6

- **How it Works:** Comfort Matters
- **Meet the Team:** Nina Louis

Week of September 13

- **How it Works:** Beatitudes Foundation
- **Meet the Team:** Donna Taylor

Week September 20

- **How it Works:** Governance
- **Meet the Team:** Don Bergem

Week September 27

- **How it Works:** Marketing Strategies
- **Meet the Team:** Alexia Robles

Look for more “Meet the Team” on TV starting in October. LifeLong Learners is having an “open meeting” in the Life Center this month. All are invited. Registration not required.

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
- **Sept Evening Movie: Time of Crisis**
 - Friday, Saturday and Sunday evenings @ 7 pm
 - **Historical Drama:** Pres. George W Bush and his staff react to the terrorist attacks on Sept. 11, 2001.
 - <https://youtu.be/EDnCos61TiE> or scan QR
- **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 belongs to you, but everyone else uses it more than you do?

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: Time of Crisis**
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: I make a loud sound when I am changing, and I grow larger but weigh less when I am done. What am I?

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: What is full of holes, yet still holds water?

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: David's parents have three sons:
Snap, Crackle, and what is the name of the third son?

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**

Question 5: What did the zero say to the eight?

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: Time of Crisis**
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: Time of Crisis**
10:00 – RESIDENT MUSIC: ON THE ROCKS
11:00 – RESIDENT MUSIC: PV SING ALONG
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ANSWERS TO PUZZLES

(1) Your Name (2) Popcorn (3) A sponge
(4) David (5) Nice belt!