



January 5 – January 18

Sunday

7:00 - Wake up to Music and Video

8:00 - Roadrunner BRIEF → Dine & Events

8:30 - Roadrunner COMPLETE – Incl Articles

10:00 - EXERCISE 1 - Line Dance and Mindfulness

10:45 - EXERCISE 2 - Pure Strength & Balance

11:30 - Beatitudes - How it Works

- Jan 5 – Donna Taylor
- Jan 12 – Finances
- Jan 19 – Facilities

12:30 - EXERCISE 1 - Line Dance and Mindfulness

1:15 - EXERCISE 2 - Pure Strength & Balance

2:00 - New Resident Informational Video

3:00 - Beatitudes - Meet the Team



- Jan 5 – David Ragan
- Jan 12 – Scott Appel
- Jan 19 – Mike Smallwood

4:00 - Beatitudes Flashbacks (under 8 min each)

6:00 – Feature Length Readers Theater →

7:00 - Ugly Costume Contest

8:30 - Beatitudes Flashbacks (under 8 min each)

10:00 - Piano Jam – Christmas Season

11:00 - Wool Gathering – Evans/Bell



Monday

7:00 - Wake up to Music and Video

8:00 - Roadrunner BRIEF – Dining and Events

8:30 - Roadrunner COMPLETE – Includes Articles

10:00 - EXERCISE 3 - Chair Yoga with Carole

10:45 - EXERCISE 4 - Motions & Strength

11:30 - Beatitudes – Meet the Team – SEE SUNDAY LISTING

12:30 - EXERCISE 3 - Chair Yoga with Carole

1:15 - EXERCISE 4 - Motions & Strength

2:00 - New Resident Video →

3:00 - Beatitudes – How it Works – SEE SUNDAY LISTING

4:00 - Resident's Council Meeting – December



5:30 – Admin Town Hall Meeting – December
7:00 - Beatitudes Flashbacks
8:30 – Employee Ugly Costume Contest →
10:00 - Tender Loving Crooners – Happy Hour
11:00 - Music: Beaded Lizard – Wednes 6 pm



Tuesday

7:00 - Wake up to Music and Video
8:00 - Roadrunner BRIEF – Dining and Events
8:30 - Roadrunner COMPLETE – Includes Articles
10:00 - EXERCISE 5 - Motions & Strength
10:45 - EXERCISE 6 - Pure Strength & Balance
11:30 - Beatitudes Flashbacks
12:30 - EXERCISE 5 - Motions & Strength
1:15 - EXERCISE 6 - Pure Strength & Balance
2:00 - Be Informed – LIVE → Current Info
3:00 - Beatitudes – Meet the Team – SEE SUNDAY LISTING
4:00 - Be Informed - REPLAY
7:00 - Residents Council Meeting → December
8:30 - Beatitudes - How it Works
9:30 - Be Informed - REPLAY
11:30 - Music - On the Rocks – Plaza Club Happy Hour



Wednesday

7:00 - Wake up to Music and Video

8:00 - Roadrunner Brief → Dine & Events

8:30 - Unitarian Universalist Service – Incl Article

10:00 - EXERCISE 7 - Motions & Strength

10:45 - EXERCISE 8 - Chair Yoga & Core w Carole

11:30 - Readers Theater SHORTS – Under 10 minutes

12:30 - EXERCISE 7 - Motions & Strength

1:15 - EXERCISE 8 - Chair Yoga & Core w Carole

2:00 - Be Informed – REPLAY

3:00 - Beatitudes – How it Works – SEE SUNDAY LISTING

4:00 - Be Informed - REPLAY

7:00 - Beatitudes Admin Town Hall → December

8:30 - Beatitudes - Meet the Team – SEE SUNDAY

9:30 - New Res Welcome Coffee

11:00 - Music: Piano Jam – Christmas Concert



Thursday – January 9

7:00 - Wake up to Music and Video

8:00 - Roadrunner Brief – Dining & Events

8:30 - Life Center Catholic Mass →

NOTE: CATHOLIC MASS IS AIRED LIVE SUNDAY AT 9:30

10:00 - EXERCISE 9 - Motions & Strength 1

10:45 - EXERCISE 10 - Motions & Strength 2

11:30 - Plaza View Sing Along

12:30 - EXERCISE 9 - Motions & Strength 1

1:15 - EXERCISE 10 - Motions & Strength 2

2:00 - Be Informed - REPLAY

3:00 - Sunday 3 pm Worship

4:00 - Be Informed - REPLAY

7:00 - Tender Loving Crooners – Sat Happy Hr

8:00 - Wool Gathering - Evans/Bell

9:00 - Auxiliary November Fashion Show →

10:00 - Music: On the Rocks – Plaza Club Hap Hr

11:00 - Plaza View Sing Along

On the Rocks – Happy Hour Song List →

Friday – January 10

7:00 - Wake up to Music and Video

8:00 - Roadrunner Brief – Dinine & Events

8:30 - Life Center Catholic Mass

10:00 - EXERCISE 11 - Chair Yoga with Carole



10:45 - EXERCISE 12 - Pure Strength & Balance
11:30 - Piano and Keyboard Jam – Christmas Concert
12:30 - EXERCISE 11 - Chair Yoga with Carole
1:15 - EXERCISE 12 - Pure Strength & Balance
2:00 - Be Informed - REPLAY
3:00 - Sunday 3 pm Worship →
NOTE: SUNDAY WORSHIP IS AIRED LIVE SUNDAY AT 9:30
4:00 - Be Informed - REPLAY
7:00 – Video Roadrunner Extra – January & February
8:00 - Plaza View Sing Along
9:00 - Unitarian Universalist Service – Zoom in P Club
10:30 - Music: Piano Jam – Christmas Concert
11:30 - Music: Beaded Lizard – Wednesday @ 6 pm



Saturday – January 11

7:00 - Wake up to Music and Video
8:00 - Roadrunner Brief – Dine & Events
8:30 – Video Roadrunner Extra → Jan/Feb
9:30 - Leading Age - What is it ?!?
10:00 - EXERCISE 13 - Pure Strength & Balance
10:45 - EXERCISE 14 - Pure Strength & Balance
11:30 - Tender Loving Crooners → Sat HH



12:30 - EXERCISE 13 – Pure Str & Bal
1:15 - EXERCISE 14 - Pure Strength & Bal
2:00 - Be Informed REPLAY
3:00 - Readers Theater Shorts – Under 10 minutes
4:00 – Affirmations – Read by People you Know
5:00 – Video Roadrunner Extra – January & February
6:00 - Auxiliary Fashion Show
7:00 – ALL Beatitudes Flashbacks →
9:00 - Wool Gathering - Evans/Bell
10:00 – Affirmations by Residents – People you Know
11:00 - Music: On the Rocks – Plaza Club Happy Hour



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

SPECIAL EVENT SUMMARY

- B-Informed plays Tuesday @ 2:00 LIVE and Tu, We, Th, Fr @ 2 pm
 - Replays are Tuesday, Wednesday, Thursday, & Friday 4-7 pm
- Beatitudes Affirmations play Sat 4 pm & 10 pm
- Wake up to Music plays every morning at 7:00 am
- Roadrunner BRIEF plays every morning at 8:00 am
- Roadrunner COMPLETE plays the FIRST Su, Mo, Tues @ 8:30
- Roadrunner WEEKLY then plays every Su, Mo, Tues @ 8:30
- Roadrunner Extra plays every Fri @ 7 pm, Sat @ 8:30 am & 5:00 pm
- Exercise Videos play every day at 10 & 10:45 and 12:30 & 1:15
- Admin Town Hall plays Mon @ 5:30, Wed @ 7 pm
- Res Council plays Mon @ 4:00, Tues @ 7 pm
- New Resident Informational Video plays Sun & Mon @ 2:00 pm
- How it Works plays Sun @ 11:30, Mon @ 3, Tues @ 8:30, Wed @ 3 p
- Meet the Team plays Sun @ 3:00 pm, Mon @ 11:30, Wed @ 8:30 pm
- Flashbacks play Sun @ 4 pm & 8:30 pm, Mon @ 7 pm, Tues @ 11:30
- Readers Theater plays Sunday at 6:00 pm & Wed @ 11:30, Sat @ 3p
- Sunday Mass plays @ Thursday & Friday @ 8:30 am
- Sunday Worship plays @ Thursday & Friday @ 3:00 pm
- Unitarian Universalist plays Wed @ 8:30 am &