

CHANNEL 1-2



February Issue

February 1 – February 28, 2026
“FLASHBACKS”

How do I get to Beatitudes Channel 1-2?

- (1) Turn on your TV and DirecTV box.
 - (2) Go to Channel 1.
 - (3) Press the Channel Change button as if you are going to Channel 2.
- You will go first to Channel 1-1 where all of the event slides are shown.
 - Channel 1-2 is our Entertainment Channel. Some programming is changed weekly. Most is changed monthly. You can get a TV Guide at the Information Station near the Fitness Center.
 - Channel 1-3 is our LIVE Channel that is used only to show live events that are happening in the Life Center.

Programs Changed Weekly

- **MEET THE TEAM**
- **HOW IT WORKS**
- (See Page 4 for Program Lineup)

Programs Added as Available

- CATHOLIC MASS
- SUNDAY MORNING WORSHIP
- MUSICAL PERFORMANCE VIDEOS
- SPECIAL NOTICES
- EXERCISE VIDEOS (Christmas Edition)
- READERS THEATER (Sunday Mixer)
- **BEATITUDES FLASHBACKS**

Programs Changed Monthly

- **ADMIN TOWN HALL MEETING**
- **RESIDENT COUNCIL MEETING**

Programs Changed Quarterly

- LATE EVENING 6 HOUR MUSIC
- NEW RESIDENT INFO VIDEO

Programs Changed Periodically

- VIDEO ROADRUNNER EXTRA
- WELCOME COMMITTEE VIDEO
- MORNING WAKEUP MUSIC

Every-Day Broadcasts

- 11:30 AM – BEATITUDES FLASHBACKS
- 10:00 & 12:30 – EXERCISE CLASS 1
- 10:45 & 1:15 – EXERCISE CLASS 2
- 6:00 – LATE AFTERNOON EXERCISE

Occasionally try a different mind exercise when you sit down to relax.

The answers are on the back page

Sunday

- 7:00 – 7 YEARS AGO: Musical Showcase
- 8:00 – **LLL HOW IT WORKS**
- 9:00 – READERS THEATER
- 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 AI VIDEO**
- 3:00 – **ADMIN TOWN HALL**
- 4:30 – **RESIDENTS COUNCIL**
- 6:00 – L2 STRENGTH & BALANCE
- 7:00 – SPECIAL PROGRAMMING (RT)
- 9:00 – VALLEY METRO: About the Light Rail
- 10:00 – **HOW IT WORKS**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – SIX HOURS QUIET MUSIC

Question 1: What five-letter word becomes shorter when you add two letters to it?

Monday

- 7:00 – SEVEN YEARS AGO: Harp Society
- 8:00 – **LLL MEET THE TEAM**
- 9:00 – READERS THEATER
- 10:00 – L3 CORE & CONDITIONING
- 10:45 – L1 CHAIR YOGA
- 11:30 – **ONE HOUR FLASHBACKS**
- 12:30 – L3 CORE & CONDITIONING
- 1:15 – L1 CHAIR YOGA
- 2:00 – **NEW RESIDENT AI VIDEO**
- 3:00 – **HOW IT WORKS**
- 4:00 – **ADMIN TOWN HALL**

- 5:30 – **RESIDENTS COUNCIL**
- 7:00 – SPECIAL PROGRAMMING (RT)
- 9:00 – PLAZA VIEW SING ALONG
- 10:00 – **MEET THE TEAM**
- 11:00 – **ONE HOUR FLASHBACKS**
- 11:58 – BEADED LIZARD XMAS SPECIAL

Question 2: What comes once in a minute, twice in a moment, but never in a thousand years?

Tuesday

- 7:00 – PLAZA VIEW SING ALONG
- 8:00 – VALLEY METRO: About the Light Rail
- 9:00 – READERS THEATER
- 10:00 – L2 SIT AND BE FIT
- 10:45 – L4 FITNESS TRAINING CAMP
- 11:30 – **ONE HOUR FLASHBACKS**
- 12:30 – L2 SIT AND BE FIT
- 1:15 – L4 FITNESS TRAINING CAMP
- 2:00 – **BE INFORMED – LIVE**
- 3:00 – **MEET THE TEAM**
- 4:00 – BE INFORMED – REPLAY
- 6:00 – L1 CHAIR YOGA
- 7:00 – **ADMIN TOWN HALL**
- 8:30 – **HOW IT WORKS**
- 9:30 – EVANS-BELL CONVERSION
- 10:30 – **BE INFORMED – REPLAY**
- 11:58 – SIX HOURS QUIET MUSIC

Question 3: A farmer has seventeen sheep. All but nine die. How many are left?

Wednesday

7:00 – SIX YEARS AGO: Tour 2020-03-30
8:00 – PLAZA CLUB ON the ROCKS
9:00 – READERS THEATER
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 – **HOW IT WORKS**
4:00 – **BE INFORMED – REPLAY**
6:00 – L2 STRENGTH & BALANCE
7:00 – **ADMIN TOWN HALL**
8:30 – **RESIDENT COUNCIL**
9:30 – SIX YEARS AGO: Art with Anthony
10:30 – **ONE HOUR FLASHBACKS**
11:58 – BEADED LIZARD XMAS SPECIAL

Question 4: What mathematical symbol can you place between 2 and 3 to get a number greater than 2 but less than 3?

Thursday

7:00 – SEVEN YEARS AGO: Harp Society
8:00 – EVANS-BELL CONVERSION
9:00 – LC CATHOLIC MASS
Catholic Mass is live Sunday at 9:30 on Channel 1-3
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 ZOOM INFO VIDEO**
6:00 – L2 STRENGTH & BALANCE
7:00 – SPECIAL PROGRAMMING (RT)
9:00 – **ONE HOUR FLASHBACKS**
11:58 – SIX HOURS OF QUIET MUSIC

Question 5: If you're running a race and pass the person in second place, what place are you in?

Friday

7:00 – ELECTRIC TANGERINE BAND
8:00 – SIX YEARS AGO: Art with Anthony
9:00 – LC CATHOLIC MASS
Catholic Mass is live Sunday at 9:30
10:00 – L3 CORE & CONDITIONING
10:45 – L1 SIT AND BE FIT
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L3 CORE & CONDITIONING
1:15 – L1 SIT AND BE FIT
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 ZOOM INFO VIDEO**
5:00 – **READERS THEATER**
6:00 – L2 STRENGTH & BALANCE
7:00 – SPECIAL PROGRAMMING (RT)
9:00 – OPEN PROGRAMMING
10:00 – 7 YEARS AGO: Philosophy w Andrew
11:00 – **ONE HOUR FLASHBACKS**
11:58 – BEADED LIZARD XMAS SPECIAL

Saturday

7:00 – TLC: TENDER LOVING CROONERS
8:00 – **MEET THE TEAM**
9:00 – **READERS THEATER**
10:00 – L1 WORKOUT WITH WALKERS
10:45 – L2 STRENGTH & BALANCE
11:30 – **ONE HOUR FLASHBACKS**
12:30 – L1 WORKOUT WITH WALKERS
1:15 – L2 STRENGTH & BALANCE
2:00 – OPEN PROGRAMMING (RT)
3:00 – **ADMIN TOWN HALL**
4:30 – **RESIDENTS COUNCIL**
6:00 – L1 CHAIR YOGA
7:00 – SPECIAL PROGRAMMING (RT)
9:00 – PLAZA CLUB ON the ROCKS
10:00 – **READERS THEATER**
11:00 – **ONE HOUR FLASHBACKS**
11:58 – SIX HOURS OF QUIET MUSIC

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

Weekly Programming

Week 1

How it Works: Facilities & Housekeeping

Meet the Team: Nina Louis

Week 2

How it Works: Comfort Matters

Meet the Team: Jim Rantz

Week 3

How it Works: Beatitudes Foundation

Meet the Team: Mollie Heiden

Week 4

How it Works: Marketing Strategies

Meet the Team: Mike Smallwood

ANSWERS TO PUZZLES

Q1: SHORT

Q2: The letter M

Q3: 9: "All but 9 die"

Q4: A decimal point (2.3)

Q5: Second (you took their position)

SPECIAL PROGRAMMING

At 7:00 pm watch for Special Program or Presentations held by Beatitudes Admin. If there is none, we will show a two-hour compilation of Readers Theater.

"Must-sees" are highlighted in red, and are repeated throughout the week.

Passport to Travel

There is a group within United Church of Christ Council for Health and Human Service Ministries (CHHSM) which enables residence at 16 CHHSM member older community sites to lodge free of charge at a sister community of their choice for up to two weeks. Without the expense of lodging, residence can experience the excitement of new cities, and enjoy the welcoming hospitality of places that feel like home simply for the cost of their own travel and incidentals.

For details, visit www.BeatitudesCampus.net and click on "P" for Passport to Travel.