



**For channels
1-2 and 1-3**

FOR THE MONTH OF FEBRUARY

Italics is an AM program. **Block Letters indicate PM.**

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

- **CHANNEL 1-3 LIVE PROGRAMMING**

- *Catholic Mass – Sunday @ 9:00 am*
- Non-Denominational Worship Service – Sunday @ 3:00 pm
- Beaded Lizard Musical Jam – Wednesday @ 6:00 pm

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Please send comments and suggestions about this TV Guide to Roadrunner@BeatitudesCampus.org or call 602-335-8493.

Special Event Recordings

• Official Beatitudes Productions

- **BEATITUDES PRIME TIME SPECIALS** are from 7:00 – 9:00 Sun, Mon, Thurs, Fri, and Saturday. These are special interest “must see” broadcasts. For the month of February, you can see the summary of **Beatitudes Senior Care in Motion aka BSCiM**. 
- **Other Specials** will play Saturday at 9:30 am. **Leading Age: What is it?**
- **B Informed by Michelle & David** – 10-20 minutes – First airs Tuesday @ 2:00, then repeats from 4:00-7:00 and at 10:30 pm, then Wednesday through Friday at 2:00 and from 4:00-7:00, and Saturday at 2:00.
- **Residents Council** – 50-70 minutes – Live in the Life Center @ 2:00 on the Second Wednesday – Replay Mon @ 4:00, **Tues @ 7 pm Prime Time**
- **Admin Town Hall** – 50-70 minutes – Live in the Life Center @ 2:00 on the First Wednesday – Replay Mon @ 5:30, **Wed @ 7 pm during Prime Time**
- **How it Works** – 45-55 minutes – Plays Sun @ 11:30, Mon @ 3 pm, Tues @ 8:30 pm, Wed @ 3 pm
- **Meet the Team** – 45-55 minutes – Plays Sun at 3 pm, Mon @ 11:30, Tues @ 3 pm, Wed @ 8:30 pm
- **Sunday Mass** – 45-55 minutes – Live in the Life Center @ 9:00 Sunday also Live on Channel 1-3. Replay Thurs & Fri @ 8:30 am
- **Sunday Worship** – 45-55 minutes – Live in the Life Center @ 3 pm Sunday also Live on Channel 1-3. Replay Thurs & Fri @ 3 pm
- **Exercise Videos** – 40 minutes – two segments every day at 10 am and 12:30 pm, and 10:45 am and 1:15 pm
- **Beatitudes Affirmations** – Sun and Mon during 2:00 New Res Video

• **Performing Arts**

- **Plaza View Sing Along** – Friday @ 11:30 am and Wed @ 9:30 pm
- **Piano, Key, Harp Jam** – Jerry and Suzanne Hartley & Guests – Thursday 11:30 and Friday @ 10:00 pm
- **On the Rocks Happy Hour** – Robert, Bill and the Purple Gang – Wednesday @ 11:30 and Monday @ 9:00 pm
- **Bistro Saturday Happy Hour Entertainer** – Tues @ 11:30 and Sun @ 9:00 pm
- **Evans-Bell Conversion** – Saturday @ 11:30 and Tuesday @ 9:30 pm
- **Beaded Lizard** – Saturday @ 9:00 pm and Mon, Wed and Fri @ 11:59 pm

• **Communications Committee Productions**

- **New Resident Informational Video** – Plays Sun and Mon @ 2:00
- **Flashback Shorts** – (under 10 minutes) Sun from 4 pm till 7 pm, Sun, Mon and Fri from 11:00 pm till Midnight,
- **Longer Flashbacks** – (over 10 minutes) Wednesday 10:30 pm until Midnight
- **All Flashback Videos** – Thursday from 9:00 till Midnight
- **Roadrunner EXTRA** – Stories by Residents – Sat @ 8:30 am
- **In-Home Karaoke** – Have yourself a Karaoke party!! Sat @ 5 pm
- **Roadrunner BRIEF** – 10-20 minutes – Plays every morning from 8:00-8:30 - A short summary of Menu and Special Events
- **Roadrunner WEEKLY** – 20-30 minutes – Plays Sun, Mon, Tues and Wed from 8:30-10:00 am - Menu and Special Events and Pertinent Articles

• **Other Programming**

- **Readers Theater** – Saturday from 3:00 pm until 5:00
- **Wake up to Light Music** – Every morning from 7 am until 8 am
- **Six Hours of Quiet Music** – Sunday, Thursday and Saturday @ 11:59 pm
- **Unitarian Universalist** plays Friday @ 9:00 pm
- **New Resident Informational Videos** play Sunday and Monday at 2:00 pm

Sunday – Channel 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner BRIEF (~10 min)* SCAN ME →



8:30 - *Roadrunner WEEKLY (20-40 min)*

10:00 - *EXERCISE 1 - Line Dance*

10:45 - *EXERCISE 2 - Strength & Balance*

11:30 - *Beatitudes - How it Works (See back page)*

12:30 pm - EXERCISE 1 - Line Dance

1:15 - EXERCISE 2 - Strength & Balance



2:00 - New Resident Info Videos SCAN ME →

3:00 - Beatitudes - Meet the Team (See back page)

4:00 – 7:00 – Short Beatitudes Flashbacks < 10 min

7:00 - 9:00 – **BEATITUDES PRIME TIME SPECIAL**

9:00 – Bistro Happy Hour Performer

10:00 – How it Works (See Back Page)

11:00 – Short Beatitudes Flashbacks < 10 min

11:59 – Six hours of soft music

Monday – Channel 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief (10-20 min)*

8:30 - *Roadrunner WEEKLY* SCAN ME →



10:00 - *EXERCISE 3 - Chair Yoga with Carole*

10:45 - *EXERCISE 4 – Motions with Mike*

11:30 - *Beatitudes - Meet the Team (See back page)*

12:30 pm - EXERCISE 3 - Chair Yoga with Carole

1:15 - EXERCISE 4 - Motions with Mike



2:00 - New Resident Videos SCAN ME →

3:00 - How it Works (See back page)

4:00 - Resident's Council Meeting

5:30 - Admin Town Hall SCAN ME →



7:00 – 9:00 – **BEATITUDES PRIME TIME SPECIAL**

9:00 - Performing Arts: Plaza Club Happy Hour

10:00 – Meet thte Team (See back page)

11:00 – Short Beatitudes Flashbacks < 10 min

11:59 - Performing Arts: Beaded Lizard (two hours)

Tuesday – Channel 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief (10-20 min)*

8:30 - *Roadrunner WEEKLY* *SCAN ME* →



10:00 - *EXERCISE 5 – Strength & Balance*

10:45 - *EXERCISE 6 – Strength & Balance*

11:30 – *Bistro Happy Hour Performer*

12:30 pm - EXERCISE 5 - Strength & Balance

1:15 - EXERCISE 6 - Strength & Balance

2:00 - B Informed – *LIVE SCAN ME* →



3:00 - Meet the Team (Back page)

4:00 - B Informed - REPLAY

7:00 - **Residents Council Meeting** *SCAN ME* →



8:30 - How it Works (See back page)

9:30 – Performing Arts: Evans-Bell

10:30 - B Informed – REPLAY

11:59 – **BEATITUDES PRIME TIME SPECIAL (2 hours)**

Wednesday – Chan 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief* SCAN ME →



8:30 – *Roadrunner Weekly with Articles*

10:00 - *EXERCISE 7 - Motions with Mike*

10:45 - *EXERCISE 8 - Chair Yoga with Carole*

11:30 - *Plaza Club Happy Hour “On the Rocks”*

12:30 pm - EXERCISE 7 - Motions with Mike

1:15 - EXERCISE 8 - Chair Yoga with Carole

2:00 - B Informed - REPLAY

3:00 - How it Works (See back page) SCAN ME →



4:00 - B Informed - REPLAY

7:00 - **Admin Town Hall**

8:30 - Meet the Team (See back page) SCAN ME →



9:30 – Performing Arts: Plaza View Sing Along

10:30 – Longer Flashbacks (over 10 minutes)

11:59 - Performing Arts: Beaded Lizard (two hours)

Thursday – Channel 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief (10-20 min)*

8:30 - *LC Catholic Mass* *SCAN ME* →



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

10:00 - *EXERCISE 9 – Tai Chi with Albert*

10:45 - *EXERCISE 10 - Motions with Mike*

11:30 - *Performing Arts: Piano and Harp Jam*

12:30 pm - EXERCISE 9 – Tai Chi with Albert

1:15 - EXERCISE 10 - Motions with Mike

2:00 - B Informed - REPLAY

3:00 - Sunday 3 pm Worship *SCAN ME* →



NOTE: Sunday Worship is aired live Sunday at 9:30 on Channel 1-3

4:00 - B Informed - REPLAY

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 – All Flashback Videos – Short and Long

11:59 – Six hours of soft music

Friday – Channel 1-2

7:00 am - *Wake up to Music and Video*

8:00 - *Roadrunner Brief (10-20 min)*

8:30 - *Life Center Catholic Mass*

10:00 - *EXERCISE 11 - Chair Yoga with Carole*

10:45 - *EXERCISE 12 - Strength & Balance*

11:30 - *Performing Arts: Plaza View Sing Along*

12:30 pm - EXERCISE 11 - Chair Yoga with Carole

1:15 - EXERCISE 12 - Strength & Balance

2:00 - B Informed - REPLAY

3:00 - Sunday 3 pm Worship

SCAN ME →



4:00 - B Informed - REPLAY

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 - Unitarian Universalist Service

10:00 - Performing Arts: Piano and Harp Jam

11:00 – Short Flashbacks (Under 10 minutes)

11:49 – Performing Arts: Beaded Lizard (Two hours)

NOTE: Beaded Lizard Musical Jam is aired live Wednesday @ 6:00 pm on Channel 1-3

Saturday – Channel 1-2

7:00 am - Wake up to Music and Video

8:00 - Roadrunner Brief (10-20 min)

8:30 – Video Roadrunner Extra: Resident Stories

9:30 - Leading Age - What is it ?!?

10:00 - EXERCISE 13 - Motions with Mike

10:45 - EXERCISE 14 - Strength & Balance

11:30 – Performing Arts: Evans Bell

12:30 pm - EXERCISE 13 - Motions with Mike

1:15 - EXERCISE 14 - Strength & Balance

2:00 - B Informed REPLAY

3:00 - Performing Arts: Readers Theater

5:00 – Karaoke – Sing in your home, or have a party!

6:00 – Performing Arts: On the Rocks in the Plaza Club

7:00 – 9:00 - **BEATITUDES PRIME TIME SPECIAL**

9:00 - Performing Arts: Beaded Lizard Feature Act

10:00 - Video Roadrunner Extra: Resident Stories

11:00 – Readers Theater

11:59 – Six hours of soft music

On the Rocks - Happy Hour Songs

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TV Guide and QR Directory

To download a new TV Guide, or to get a directory of QR Codes for most of the above programming, SCAN ME →



Beatitudes How It Works

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- Week 1 - Comfort Matters
- Week 2 – Board Governance
- Week 3 – Marketing
- Week 4 – Trends in Senior Living

Meet the Team

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- Week 1 – Nina Louis
- Week 2 – Mollie Heiden
- Week 3 – Jim Rantz
- Week 4 – Donna Taylor

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