



March 2nd to March 4th

Time	Monday 3/2	Tuesday 3/3	Wednesday 3/4
8:30am	Circle Band Workout	Circle Band Workout	Circle Band Workout
9:00am	Sharon Graves Intro to New Fitness Classes	Sharon Graves Intro to New Fitness Classes	Sharon Graves Intro to New Fitness Classes
9:30am	Foot Fitness	Lower Body Workout	Foot Fitness
10:00am	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
10:30am	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
11:30am	In Memorials	In Memorials	In Memorials
12:00pm	RAC	Empowered Aging	Empowered Aging
1:30pm	In Memorials	In Memorials	In Memorials
2:00pm	Do You Remember When?	Treasures of the Treasure Chest	Do You Remember When?
2:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
3:00pm	Workout with Scott Hall	Standing Mobility	Workout with Scott Hall
3:30pm	Seated and Standing Exercises	Aerobics in the Afternoon	Sharon Graves Intro to New Fitness Classes
4:00pm	Chapel Stained Glass Creation	Chapel Stained Glass Creation	Strings, Swings & Everything in Between
5:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update/	Brooksby Update/ Drive Excellence/ Dining Update/
6:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
7:00pm	In Memorials	In Memorials	In Memorials
7:30pm	EyeCatchers 20/20	A Talk with Bill Locke	Poets of Brooksby
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Drive Excellence/ Dining Update
9:00pm			
9:30pm	Piano Pals	Concerned Citizens	Village Forum- Harvey Leonard

****Shows & Times are Subject to Change****

March 5th to March 8th

Time	Thursday 3/5	Friday 3/6	Saturday & Sunday 3/7- 3/8
8:30am	Circle Band Workout	Circle Band Workout	Circle Band Workout
9:00am	Sharon Graves Intro to New Fitness Classes	Sharon Graves Intro to New Fitness Classes	Sharon Graves Intro to New Fitness Classes
9:30am	Lower Body Workout	Foot Fitness	Foot Fitness
10:00am	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
10:30am	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
11:30am	In Memorials	In Memorials	In Memorials
12:00pm	4 Legged Friends	Empowered Aging	RAC
1:30pm	In Memorials	In Memorials	In Memorials
2:00pm	Treasures of the Treasure Chest	Do You Remember When?	Treasures of the Treasure Chest
2:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
3:00pm	Standing Mobility	Workout with Scott Hall	Seated Strength
3:30pm	Aerobics in the Afternoon	Total Body Seated Workout	Aerobics in the Afternoon
4:00pm	Menti Trivia	Menti Trivia	Laurel & Hardy- Way Out West
5:00pm	Brooksby Update/ Drive Excellence/ Dining Update	Brooksby Update/ It's Why You're Here/ Dining Update	Brooksby Update/ It's Why You're Here/ Dining Update
6:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
7:00pm	In Memorials	In Memorials	In Memorials
7:30pm	Poets of Brooksby	EyeCatchers 20/20	Strings, Swing & Everything in Between
8:00pm	Brooksby Update/ Drive Excellence/ Dining Update	Brooksby Update/ Drive Excellence/ Dining Update	Brooksby Update/ Drive Excellence/ Dining Update
9:30pm	Village Forum- Harvey Leonard	Piano Pals	4 Legged Friends

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NEW PROGRAMMING

Good Day Brooksby - *New Episode Live Monday at 10:00am*

Tune in live to hear all the latest events & happenings on campus!

Do You Remember When? - *New Episode Monday at 2:00pm*

Resident Cliff Kent brings you back in time with Flash Mobs!

Empowered Aging - *Airing Tuesday at 12:00pm*

Empowered Aging: A Don't Be Scared, Be Prepared Series – Kick-Off Conversations. All Brooksby Residents and their loved ones are invited to be part of this resident driven, year- long pilot project. The project will include monthly presentations highlighting the importance of person-centered advocacy, education, and collaborative leadership. We will focus on building blocks for a safe, healthy life and a strong community. Join us for our Kick- Off Conversations to see what we have in store for the rest of 2026!

Brooksby Update - *New Episode Wednesday at 5:00pm*

Keeping you informed with all the latest updates on campus.

Dining Update - *New Episode Friday after 5:00pm It's Why You're Here*

Keeping you informed with all the latest Dining updates on campus.

Color Guide:

Orange: new program that is live on channel 919

Blue: new program that was pre-recorded

PROGRAMMING UPDATES

*****Chair Yoga with Rokia*****

Chair Yoga with Rokia will air daily at 7:30 am, despite not being listed on the TV guide.

Watch On Demand

Did you miss an airing of something you wanted to watch?
You can watch it On Demand! Just go to: www.brooksbytv.com
And click "Watch On Demand"

Any Questions? Have a suggestion?

If you have any questions or concerns about the TV Guide itself, or any specific programming, please contact Jeff Paul at: 978-536-7951.