

Time	Monday 5/6	Tuesday 5/7	Wednesday 5/8
8:30am	Upper Body Workout	Smooth Moves	Upper Body Workout
9:00am	Seated & Standing Exercises with Sharon Graves & Residents	Strength Training	Seated & Standing Exercises with Sharon Graves & Residents
9:30am	Foot Fitness	Lower Body Workout	Foot Fitness
10:00am	RAC- May 2024	Good Day Brooksby	Good Day Brooksby
10:30am		Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
11:30am		In Memoriam	In Memoriam
12:00pm	Live & Learn- Frank Huntington	RAC- May 2024	Live & Learn- Frank Huntington
1:30pm	In Memoriam / Tales from Brooksby Village	In Memoriam	In Memoriam / Tales from Brooksby Village
2:00pm	Do You Remember When?	Sports Talk	Do You Remember When?
2:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
3:00pm	Seated Chair Mobility	Warm Up Stretch & Strength	Seated Chair Mobility
3:30pm	Total Body Fitness	Aerobics in the Afternoon	Total Body Fitness
4:00pm	Snapshots in Writing	Snapshots in Writing	Poets of Brooksby
5:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
6:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
7:00pm	In Memoriam	Brooksby Scholars Ceremony 2024	In Memoriam
7:30pm	Brooksby Marathon		Brooksby Marathon
8:00pm	Brooksby Update/ Dining Update		Brooksby Update/ Dining Update
9:00pm			
9:30pm	Brooksby Village Pet Celebration	Concerned Citizens	Concerned Citizens

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



May 9th to May 12th

Time	Thursday 5/9	Friday 5/10	Saturday & Sunday 5/11-5/12
8:30am	Smooth Moves	Upper Body Workout	Smooth Moves
9:00am	Strength Training	Seated & Standing Exercises with Sharon Graves & Residents	Strength Training
9:30am	Lower Body Workout	Foot Fitness	Rhythm Move
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 Memoriam	In Memoriam	In Memoriam
12:00pm	Live & Learn- Dick Richmond	RAC- May 2024	Don't Be Scared, Be Prepared
1:30pm	In Memoriam	In Memoriam/ Tales from Brooksby Village	In Memoriam
2:00pm	Sports Talk	Do You Remember When?	Poets of Brooksby
2:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
3:00pm	Warm Up Stretch & Strength	Seated Chair Mobility	Warm Up Stretch & Strength
3:30pm	Aerobics in the Afternoon	Total Body Fitness	Aerobics in the Afternoon
4:00pm	Brooksby Marathon	Menti Trivia	Cliff Gerenz Performance
5:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
6:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
7:00pm	In Memoriam	In Memoriam	In Memoriam
7:30pm	EyeCatchers 20/20	Brooksby Marathon	EyeCatchers 20/20
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
9:30pm	Live & Learn- Ed Rodriguez	Live & Learn- Dick Richmond	Brooksby Scholars Ceremony 2024

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NEW PROGRAMMING

Seated & Standing Exercises with Sharon Graves & Residents -

New Episode Airing Monday at 9:00am

Fitness Specialist Sharon Graves presents a new morning exercise routine! Joining her are residents Bob Hendricks & Maureen D'Addario.

RAC- May 2024 - New Episode Airing Live Monday at 10:00am

Tune in live to hear the latest updates from your Resident Advisory Council!

Good Day Brooksby - New Episode Airing Live Monday at 2:30pm

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

Live & Learn- Frank Huntington - New Episode Airing Monday at 12:00pm

Live and Learn presents: Lecture Series featuring Frank Huntington: Threats to Democracy: The Twentieth Century and Beyond. Fascism.

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

Resident Cliff Kent takes you back in time; showcasing the best tunes of the 1960's Ed Sullivan show!

Brooksby Scholars Ceremony 2024- New Episode Airing Live Tuesday at 7:00pm

Tune in live for the Brooksby Scholars Ceremony as we celebrate the Class of 2024!

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

Keeping you informed with all the latest updates on campus.

Dining Update - New Episode Airing Friday after 5:00pm Brooksby Update

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

PROGRAMMING UPDATES

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

Chair Yoga with Rokia will air daily at 7:20 am, despite not being listed on the TV guide.

*****Circle Band Workout with Scott Hall*****

Circle Band Workout will continue to air daily at 8:00 am, despite not being listed on the TV guide.

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.

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"