

Time	Monday 4/29	Tuesday 4/30	Wednesday 5/1
8:30am	Upper Body Workout	Smooth Moves	Upper Body Workout
9:00am	Fitness to the Beat	Strength Training	Fitness to the Beat
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 Memoriam	In Memoriam	In Memoriam
12:00pm	Live & Learn- Ed Rodriguez	Concerned Citizens	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	Treasures of the Treasure Chest	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	In Memoriam	In Memoriam
7:30pm	Brooksby Marathon	Brooksby Village Pet Celebration	Brooksby Marathon
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
9:00pm			
9:30pm	Brooksby Village Pet Celebration	Treasures of the Treasure Chest	Concerned Citizens

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

Time	Thursday 5/2	Friday 5/3	Saturday & Sunday 5/4-5/5
8:30am	Smooth Moves	Upper Body Workout	Smooth Moves
9:00am	Strength Training	Fitness to the Beat	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	Live & Learn- Frank Huntington	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	Snapshots in Writing	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	DC & CC Discussion Panel

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

NEW PROGRAMMING

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

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

Live & Learn- Ed Rodriguez - *New Episode Airing Monday at 12:00pm*

Live and Learn presents: Lecture Series featuring Ed Rodriguez: Planet Earth ...The Magic of Real and Artificial Sunlight. A journey through Earth's history: How the harnessing of both real and artificial sunlight might be among the most important "Inventions" of the last 200,000 years...as fundamental as the food on our table. Session 2: Civilization, Lighting & Scientific Thinking: 60,000 BC to 1800.

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 1950's Ed Sullivan show!

Sports Talk - *New Episode Airing Live Tuesday at 2:00pm*

The gang reacts to the recent NFL Draft and how it affects the Patriots, and discusses the beginning of the Bruins & Celtics' playoff run.

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

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

Poets of Brooksby - *New Episode Airing Wednesday at 4:00pm*

The Poets of Brooksby present work from resident Ed Conti, speaking with resident Lora Stosez.

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

Keeping you informed with all the latest updates on campus.

EyeCatchers 20/20 - *New Episode Airing Thursday at 7:30pm*

Resident Carol Bortman sits down with fellow resident Don Thomas to share tips with others regarding eye routines and machines that help him daily throughout his day.

Cliff Gerenz Performance - *New Episode Airing Saturday & Sunday at 4:00pm*
Resident Cliff Gerenz performs some lovely Spring tunes on the piano!

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"