

Time	Monday 5/13	Tuesday 5/14	Wednesday 5/15
8:30am	Upper Body Workout	Smooth Moves	Upper Body Workout
9:00am	Seated & Standing Exercises with Sharon Graves	Strength Training	Seated & Standing Exercises with Sharon Graves
9:30am	Foot Fitness	Lower Body Workout	Foot Fitness
10:00am	Good Day Brooksby	Good Day Brooksby	Resident Town Hall
10:30am	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	
11:30am	In Memoriam	In Memoriam	
12:00pm	Live & Learn- Ed Rodriguez	More About Us!	Brooksby Village Scholars Ceremony
1:30pm	In Memoriam / Tales from Brooksby Village	1:00pm- Sports Talk In Memoriam	In Memoriam / Tales from Brooksby Village
2:00pm	Do You Remember When?	Brooksby Reacts	Do You Remember When?
2:30pm	Good Day Brooksby	Good Day Brooksby	Good Day Brooksby
3:00pm	Seated Chair Mobility	Warm Up Stretch & Strength	Live Menti Trivia
3:30pm	Total Body Fitness	Aerobics in the Afternoon	Total Body Fitness
4:00pm	Snapshots in Writing	His Story, Her Story	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 Reacts	Brooksby Marathon	Brooksby Marathon
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
9:00pm			
9:30pm	RAC- May 2024	RAC- May 2024	Live & Learn- Ed Rodriguez

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

Time	Thursday 5/16	Friday 5/17	Saturday & Sunday 5/18-5/19
8:30am	Smooth Moves	Upper Body Workout	Smooth Moves
9:00am	Strength Training	Seated & Standing Exercises with Sharon Graves	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	Resident Town Hall	Piano Pals Performance	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	Snapshots in Writing	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 Reacts	EyeCatchers 20/20
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
9:30pm	Brooksby Village Scholars Ceremony	Women's Forum	Live & Learn- Frank Huntington

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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.

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

Resident Cliff Kent brings you music you haven't heard in a long time:

The instrumentals and songs that were popular in the early 1950s before Rock & Roll but were simply crushed by Rock and just vanished.

Sports Talk - *New Episode Airing Live Tuesday at 1:00pm*

Tune in live as the gang dives into the 2nd round of the playoffs for both the Bruins and the Celtics. Be on the lookout for the number to call in and share your thoughts!

Resident Town Hall - *New Episode Airing Live Wednesday at 10:00am*

Tune in live to hear all the latest updates from your Executive Team!

Live Menti Trivia - *New Episode Airing Live Wednesday at 3:00pm*

Get your thinking caps on- resident Shirley Fascetti hosts another game of live Menti Trivia!

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

Keeping you informed with all the latest updates on campus.

Snapshots in Writing - *New Episode Airing Thursday at 4:00pm*

Resident Ruby Easton is joined by resident writers George Brawerman, Susan Weatherall & Eli Cohen showcasing their work.

Piano Pals Performance - *New Episode Airing Friday at 12:00pm*

The Brooksby Piano Pals perform another fun selection of songs!

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

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

Women's Forum - *New Episode Airing Friday at 9:30pm*

The Women's Forum presents a one woman show with Judith Kalaora as Hedy Lamarr, Hollywood starlet and WWII.

Live & Learn- Frank Huntington- *New Episode Airing Friday & Saturday at 9:30pm*

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

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"