

Time	Monday 4/22	Tuesday 4/23	Wednesday 4/24
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/ Brooksby Village Pet Celebration	In Memoriam	In Memoriam
12:00pm	Resident Town Hall	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	Poets of Brooksby	Snapshots in Writing
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/ Brooksby Village Pet Celebration
7:30pm	Brooksby Reacts	Brooksby Eclipse Viewing	Brooksby Marathon
8:00pm	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update	Brooksby Update/ Dining Update
9:00pm			
9:30pm	Brooksby Eclipse Viewing	Treasures of the Treasure Chest	Live & Learn- Rand Peabody

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

April 25th to April 28th

Time	Thursday 4/25	Friday 4/26	Saturday & Sunday 4/27-4/28
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/ Brooksby Village Pet Celebration	In Memoriam	In Memoriam
12:00pm	Live & Learn- Dick Richmond	Live & Learn- Dick Richmond	Don't Be Scared, Be Prepared
1:30pm	In Memoriam/ Treasures of the Treasure Chest	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 2024	Menti Trivia	Piano Pals 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	Concerned Citizens	Live & Learn- Frank Huntington	DC & CC Discussion Panel

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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!

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

Resident Cliff Kent brings you a variety of tunes from the 1960s.

Treasures of the Treasure Chest - *New Episode Airing Monday at 4:00pm*

See what new treasures are waiting for you at the Brooksby Treasure Chest!

Concerned Citizens - *New Episode Airing Tuesday at 12:00pm*

Concerned Citizens presents: Democracy's Challenge: How vast inequalities in wealth can destroy democracy; featuring Linda Andros, international trade attorney.

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. World War I.

Brooksby Marathon 2024- *New Episode Airing Wednesday at 7:30pm*

Relive the fun of the 2024 Brooksby Marathon!

Poets of Brooksby - *New Episode Airing Friday at 12:00pm*

In this episode of Poets of Brooksby, we hear the lovely work of residents Lelly Smith & Rand Peabody!

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

Keeping you informed with all the latest updates on campus.

Live & Learn- Dick Richmond - *New Episode Airing Thursday at 12:00pm*

Live and Learn presents: World Travel with my Camera: Three Presentations featuring Richard Richmond. "Summertime in Central Europe." This photo-lecture will introduce scenes and persons recently met when out and about in Germany, the Czech & Slovak Republics, Austria and Hungary.

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"