

# The Willows Reflections at Friendship Village

# Program Highlights FTV Channel 1901 Guide Week of Jan 3-9

Sunday - 3	Monday - 4	Tuesday - 5	Wednesday - 6	Thursday - 7	Friday - 8	Saturday - 9
<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>10:00am</b> Progressive Muscle Relaxation, <i>Channel 1901</i></p> <p><b>10:30am</b> 1901 Village Worship, <i>Channel 1901</i></p> <p><b>11:00am</b> 1901 Sunday School Songs with Chaplain Jon, <i>Channel 1901</i></p> <p><b>1:00pm</b> Rosary Prayer, <i>Channel 1901</i></p> <p><b>3:00pm</b> Hymn Sing with Jon, <i>Channel 1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>FTV Channel 1902</i></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>10:00am</b> Seated Ballet <i>Channel 1901</i></p> <p><b>12:00pm</b> Pom Pom Squad Routine, <i>1901</i></p> <p><b>2:00pm</b> Sit &amp; Fit <i>Channel 1901</i></p> <p><b>2:30pm</b> Foreign Flavor-World of Festive! <i>Channel 1901</i></p> <p><b>4:30pm</b> Foreign Flavor-World of Festive! <i>Channel 1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p> <p><b>Handout: Ringing in the New Year</b></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>9:15am</b> Sit &amp; Fit <i>Channel 1901</i></p> <p><b>9:45am</b> Line Dancing Lessons! <i>Channel 1901</i></p> <p><b>10:30</b> Fun Facts Famous Stars <i>Channel 1901</i></p> <p><b>1:00pm</b> <i>Healthy Hands Channel 1901</i></p> <p><b>1:30pm</b> <b>10:30</b> Fun Facts Famous Stars <i>Channel 1901</i></p> <p><b>3:00pm</b> Pom Pom Squad Routine, <i>1901</i></p> <p><b>4:00pm</b> Hymn Sing with Jon, <i>Channel 1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p> <p><b>Handout: What's New in 2021</b></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>9:15am</b> Sit &amp; Fit <i>Channel 1901</i></p> <p><b>9:45am</b> Line Dancing Lessons! <i>Channel 1901</i></p> <p><b>10:30am</b> 1901 Village Worship, <i>Channel 1901</i></p> <p><b>11:30am</b> Breathe, Stretch &amp; Strengthen <i>Channel 1901</i></p> <p><b>12:00pm</b> Pom Pom Squad Routine, <i>1901</i></p> <p><b>2:00pm</b> Sacred Story with Chaplains Jon &amp; Melanie, <i>Channel 1901</i></p> <p><b>2:30pm</b> Decorative bouquet Carnations of Flowers Demo Circle Gardening <i>Channel 1901</i></p> <p><b>3:30om</b> Snowdrop flower Presentation Circle Gardening</p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p> <p><b>Handout: Would you Rather?</b></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>9:30am</b> Sacred Story with Chaplains Jon &amp; Melanie, <i>Channel 1901</i></p> <p><b>11:00am</b> Mindful Movement <i>Channel 1901</i></p> <p><b>12:00pm</b> Hymn Sing with Jon, <i>Channel 1901</i></p> <p><b>1:30pm</b> Sit and Fit <i>Channel 1901</i></p> <p><b>2:00pm</b> Live! TV Bingo, <i>Channel 1902</i></p> <p><b>3:00pm</b> Pom Pom Squad Routine, <i>1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p> <p><b>Handout: Trivia</b></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>9:15am</b> Chair Yoga with Carolyn <i>Channel 1901</i></p> <p><b>9:45am</b> Upper Body Ballet <i>Channel 1901</i></p> <p><b>10:15am</b> Remember When <i>Channel 1901</i></p> <p><b>11:00am</b> Healthy Hands <i>Channel 1901</i></p> <p><b>12:00pm</b> Live! TV Bingo, <i>Channel 1902</i></p> <p><b>12:00pm</b> Hymn Sing with Jon, <i>Channel 1901</i></p> <p><b>1:00pm</b> Theatrical Performance Special Event, <i>Channel 1902</i></p> <p><b>1:00pm</b> Rosary Prayer, <i>Channel 1901</i></p> <p><b>4:00pm</b> Remember When <i>Channel 1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p> <p><b>Handout: Short Story</b></p>	<p><b>7:00am</b> Morning Prayer, <i>Channel 1901</i></p> <p><b>10:00am</b> Sit &amp; Fit <i>Channel 1901</i></p> <p><b>11:30</b> Mindful Movement <i>Channel 1901</i></p> <p><b>12:00pm</b> Sing-along with Carla, <i>Channel 1901</i></p> <p><b>4:00pm</b> Decorative bouquet Carnations of Flowers Demo Circle Gardening <i>Channel 1901</i></p> <p><b>5:30pm</b> Trivia Night!, <i>Channel 1901</i></p> <p><b>6:00pm</b> Old Time Radio Shows, <i>Channel 1902</i></p>