

Willows FTV channel 1901/1902 and Highlights

Week of Feb 28 – March 6

Sunday – 28	Monday – 1	Tuesday – 2	Wednesday – 3	Thursday – 4	Friday – 5	Saturday - 6
7:00,8:00,9:00am Morning Prayer: FTV 1901 9:30am Sit & Fit FTV 1901 10:00am Progressive Muscle Relaxation FTV 1901 10:30am Village Worship FTV 1901 11:00am Sunday School Songs with Chaplain Jon FTV 1901 1:00pm Rosary Prayer FTV 1901 3:00pm Visit a Local Church FTV 1901 4:00pm Hymn Sing with Jon FTV 1901 4:30pm Ronald Reagan- Movie Star FTV 1901 6:00pm Old Time Radio Shows FTV 1902	7:00,8:00,9:00am Morning Prayer: FTV 1901 10:00am Seated Ballet FTV 1901 11:30am Mindful Movement FTV 1901 12:00pm Pom Pom Squad Routine FTV 1901 2:00pm Sit & Fit FTV 1901 4:30pm Ronald Reagan- Movie Star FTV 1901 6:00 Old Time Radio Shows FTV 1902 7:00pm Monday Musical FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15am Sit & Fit FTV 1901 9:15am Sit & Fit FTV 1901 1:00pm Healthy Hands FTV 1901 1:30pm Fun Facts 10 Famous Stars with Sally and Ann FTV 1901 2:00pm Sacred Story with Chaplains Jon & Melanie FTV 1901 3:00pm Pom Pom Squad Routine FTV 1901 4:00pm Hymn Sing with Jon FTV 1901 4:30pm Living in Your 90's FTV 1901 6:00pm Old Time Radio Shows FTV 1902	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15am Sit & Fit FTV 1901 10:30am Village Worship FTV 1901 11:30am Breathe, Stretch & Strengthen FTV 1901 12:00pm Pom Pom Squad Routine FTV 1901 2:00pm Sacred Story with Chaplains Jon & Melanie FTV 1901 6:00pm Old Time Radio Shows FTV 1902	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:30am Sacred Story with Chaplains Jon & Melanie FTV 1901 11:00am Mindful Movement FTV 1901 12:00pm Hymn Sing with Jon FTV 1901 12:30pm YoStretch with Jill FTV 1901 1:00pm President Day Trivia FTV 1901 1:30pm Sit & Fit FTV 1901 3:00pm Pom Pom Squad Routine FTV 1901 6:00pm Old Time Radio Shows FTV 1902	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15 Chair Yoga with Carolyn FTV 1901 9:45am Sit & Fit FTV 1901 12:00pm Live! Lunchtime TV Bingo FTV 1902 12:00pm Hymn Sing with Jon FTV 1901 1:00pm Theatrical Performance Special Event FTV 1902 1:00pm Rosary Prayer FTV 1901 6:00pm Old Time Radio Shows FTV 1902 7:00pm Charles Pansino Concert FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 10:00am Sit & Fit FTV 1901 10:30am Living in Your 90's FTV 1901 11:30am Mindful Movement FTV 1901 12:00pm Sing-along with Carla FTV 1901 5:00pm Karaoke FTV 1901 6:00pm Old Time Radio Shows FTV 1902

Sunday – 28	Monday – 1	Tuesday – 2	Wednesday – 3	Thursday – 4	Friday – 5	Saturday - 6
Individual options Exercise trail on the 2 nd floor	Individual options 2 nd floor exercise trail	Individual options 2 nd floor exercise trail	Individual options 2 nd floor exercise trail	Individual options 2 nd floor exercise trail	Individual options 2 nd floor exercise trail	Individual options 2 nd floor exercise trail
Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor	Walk labyrinth on the 1 st floor
1 st floor Women’s Month Display	1 st floor Women’s Month Display	1 st floor Women’s Month Display	1 st floor Women’s Month Display	1 st floor Women’s Month Display	1 st floor Women’s Month Display	1 st floor Women’s Month Display
Exercise on channel 1901: at 9:30am, 10:00am	Exercise on channel 1901: at 10:00am, 11:30am, 2:00pm	Exercise on channel 1901: 9:15am, 1:00pm, 3:00pm	Exercise on channel 1901: 9:15am, 11:30am	Exercise on channel 1901: 11:00am, 12:30pm, 1:30pm, 3:00pm	Exercise on channel 1901: 9:15am, 9:45am, 11:00am	Exercise on channel 1901: 10:00am, 11:30am
Handouts Daily Chronicles delivered to resident apartments.	Handouts Daily Chronicles delivered to resident apartments.	Handouts Daily Chronicles delivered to resident apartments.	Handouts Daily Chronicles delivered to resident apartments.	Handouts Daily Chronicles delivered to resident apartments.	Bingo on channel 1902 at 12:00pm Call 5306 or 3575 for bingo cards.	Handouts Daily Chronicles delivered to resident apartments.
	Remember When: Christopher Plummer	Story of Malala Yousafzai	Papercraft: Monochromatic Collage Frame	Nutrition Month: Mindful Eating	Handouts Daily Chronicles delivered to resident apartments.	Willows weekly delivered to resident apartments
		2:00-3:00pm Activity Room on 2 nd Floor Mail in voting Registration for local elections	10:00-11:00am Activity Room on 2 nd Floor Mail in voting Registration for local elections		Special Cart: Oreo Cookies	