

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 2021						
COLOR KEY PHYSICAL INTELLECTUAL SPIRITUAL HEALTH SERVICES VOCATIONAL EMOTIONAL ENVIRONMENTAL SOCIAL	TOUCHTOWN STATION 591 ALL PROGRAMS ARE SUBJECT TO CHANGE. CHECK YOUR CISCO PHONE FOR DAILY UPDATES			1 APRIL FOOL'S DAY 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 THE CROWN SERIES, SEASON 1 EPISODES 11-12, CHANNEL 594 7:00 ITUNES UNIVERSITY CHANNEL 591	2 GOOD FRIDAY 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 WII BOWLING, APT A130 11:30 WII BOWLING, APT A130 10:00/10:30 POOL CLASSES 2:00 STATIONS OF THE CROSS, 591 2:00 THE CROWN SERIES, SEASON 1 EPISODES 11-12, CHANNEL 594 2:30 WII BOWLING, APT A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	3 10:00 SEATED YOGA, CHANNEL 591 2:00 TOUCHTOWN PRESENTATION CHANNEL 591 RICK STEVES EUROPEAN EASTER
4 EASTER SUNDAY 10:00 POSTURE CLASS CHANNEL 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS CHANNEL 591 2:00 SIGHT & SOUND "RUTH" CHANNEL 594 8:00 TOUCHTOWN MEDITATION VIDEO CHANNEL 591	5 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS CHANNEL 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 1:30 BINGO, CA 7:00 TOUCHTOWN CHANNEL 591 PRAY THE ROSARY	6 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 INDOOR/OUTDOOR SPORTS, A130 SHUFFLEBOARD COMPETITION 2:00 MOVIE MATINEE, CA BRIDGE OF SPIES 6:00 SIGHT & SOUND "RUTH" CHANNEL 594	7 NATIONAL WALK DAY 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 YOGA MOVES, A130 9:45 MEDITATION, A130 1:00 CORE CRUNCH, A130 1:30 WALKING GROUP, LOBBY 2:00 THE CROWN SERIES, SEASON 2 DISC 1, CHANNEL 594 2:30 CORE CRUNCH CHANNEL 591 4:00 IOS WORKSHOP, CA BEGINNER STUDENTS 6:00 BINGO, CA	8 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 1, CHANNEL 594 3:00 NOODLE BALL, CA 7:00 ITUNES UNIVERSITY CHANNEL 591	9 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, CA 2:00 MOVIE – HONEST THIEF, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 1, CHANNEL 594 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	10 10:00 SEATED YOGA, CHANNEL 591 2:00 TOUCHTOWN PRESENTATION CHANNEL 591 ARMENIA, THE LAND OF NOAH
11 10:00 POSTURE CLASS CHANNEL 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS CHANNEL 591 2:00 DOWNTON ABBEY SEASON 1, DISC 1, 594 8:00 TOUCHTOWN MEDITATION VIDEO CHANNEL 591	12 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS CHANNEL 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 1:30 BINGO, CA 7:00 TOUCHTOWN CHANNEL 591 PRAY THE ROSARY	13 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 INDOOR/OUTDOOR SPORTS, A130 BOCCIE COMPETITION 2:00 MOVIE MATINEE, CA TROUBLE WITH THE CURVE 6:00 DOWNTON ABBEY SEASON 1, DISC 1, 594	14 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 YOGA MOVES, CA 9:45 MEDITATION, LMR 1:00 CORE CRUNCH, A130 1:30 HORSE RACING, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 2, CHANNEL 594 2:30 CORE CRUNCH CHANNEL 591 4:00 IOS WORKSHOP, CA ADVANCED STUDENTS	15 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 2, CHANNEL 594 3:00 PRESENTATION: COVID 19 WITH INFECTION CONTROL EMPLOYEE CHRIS MASOTTA, APT. A130 7:00 ITUNES UNIVERSITY CHANNEL 591	16 9:00 ADVANCED BALANCE CLASS, CHANNEL 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, CA 2:00 MOVIE – WAR DOGS, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 2, CHANNEL 594 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	17 10:00 SEATED YOGA, CHANNEL 591 2:00 TOUCHTOWN PRESENTATION CHANNEL 591 PARIS SIDE TRIPS WITH RICK STEVES
18 10:00 POSTURE CLASS CHANNEL 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS CHANNEL 591 2:00 DOWNTON ABBEY SEASON 1, DISC 2, 594 8:00 TOUCHTOWN MEDITATION VIDEO CHANNEL 591	19 NATIONAL VOLUNTEER WEEK 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS CHANNEL 591 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 1:00 WALK WITH EASE PROGRAM 1:30 HORSE RACING, CA 7:00 TOUCHTOWN CHANNEL 591 PRAY THE ROSARY	20 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 OPERA DVD, CA MASCAGNI-CAVALLERIA RUSTICANA LEONCAVALLO PAGLIACCI 2:00 INDOOR/OUTDOOR SPORTS, A130 CORN HOLE COMPETITION 6:00 DOWNTON ABBEY SEASON 1, DISC 2, 594	21 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 YOGA MOVES, CA 9:45 MEDITATION, LMR 1:00 CORE CRUNCH, A130 1:30 TARGET PRACTICE, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 3, CHANNEL 594 2:30 CORE CRUNCH CHANNEL 591 4:00 IOS WORKSHOP, CA BEGINNER STUDENTS 6:00 BINGO, CA	22 EARTH DAY 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE CLASS, CA 9:00 REFRESHMENTS IN THE GARDENS 1:00 SEATED STRENGTH, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 3, CHANNEL 594 3:00 PRESENTATION: THE IMPORTANCE OF RECYCLING, CA 7:00 ITUNES UNIVERSITY CHANNEL 591	23 9:00 ADVANCED BALANCE CLASS, CHANNEL 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, A130 10:00/10:30 POOL CLASSES 11:30 WII BOWLING, A130 1:00 SIT & FIT, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 3, CHANNEL 594 2:30 WII BOWLING, A130 6:00 SHABBAT SERVICE CHANNEL 138 JBS	24 10:00 SEATED YOGA, CHANNEL 591 12:00 – 2:00 DRUG GIVE BACK WITH THE LAKEWOOD POLICE DEPARTMENT, AC 2:00 TOUCHTOWN PRESENTATION CHANNEL 591 THE TALLEST TREES ON THE EARTH
25 10:00 POSTURE CLASS CHANNEL 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS CHANNEL 591 2:00 DOWNTON ABBEY SEASON 1, DISC 3, 594 8:00 TOUCHTOWN MEDITATION VIDEO, CH. 591	26 NATIONAL ENVIRONMENTAL WEEK 9:00 TONE IT UP WITH JEN, CA 9:00 ADVANCED BALANCE CLASS CHANNEL 591 10:00 LIGHTEN UP WITH LESLIE, A130 10:00 & 10:30 POOL CLASSES 1:00 SIT & FIT, APT. A130 1:30 BINGO, CA 7:00 TOUCHTOWN CHANNEL 591 PRAY THE ROSARY	27 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE & POSTURE CLASS, CA 2:00 MOVIE MATINEE, CA MARIO LANZA – THE AMERICAN CARUSO 1:00 SEATED STRENGTH, CA 2:00 INDOOR/OUTDOOR SPORTS, A130 SHUFFLEBOARD COMPETITION 6:00 DOWNTON ABBEY SEASON 1, DISC 3, 594	28 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 YOGA MOVES, CA 9:45 MEDITATION, LMR 1:00 CORE CRUNCH, A130 2:00 THE CROWN SERIES, SEASON 2 DISC 4, CHANNEL 594 2:30 CORE CRUNCH CHANNEL 591 4:00 IOS WORKSHOP, CA ADVANCED STUDENTS	29 8:00 AWAKE AND RESTORE CHANNEL 591 9:00 BALANCE CLASS, CA 1:00 SEATED STRENGTH, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 4, CHANNEL 594 3:00 PRESENTATION: "HOW TO MAINTAIN WELLNESS", CA 7:00 ITUNES UNIVERSITY CHANNEL 591	30 ARBOR DAY 9:00 ADVANCED BALANCE CLASS CHANNEL 591 9:00 TONE IT UP WITH JEN, CA 9:00/11:30 & 2:30 WII BOWLING, A130 10:00/10:30 POOL CLASSES 10:30 PRICE IT RIGHT, CA 1:00 SIT & FIT, CA 2:00 THE CROWN SERIES, SEASON 2 DISC 4, CHANNEL 594 6:00 SHABBAT SERVICE, CH. 138	