

900 CHANNEL SCHEDULE Wednesday, July 29th, Thursday, July 30th & Friday, July 31st

- Wed. July 29 9:00AM Gentle Chair Yoga
- Wed. July 29 11:00AM Stress Management During Covid 19
- Wed. July 29 1:00PM Seated Exercise
- Wed. July 29 2:00PM Stress Management During Covid 19 (REPEAT)
- Wed. July 29 3:00PM Let Go & Trust God Prayer
- Wed. July 29 4:00PM Seated Exercise
- Wed. July 29 7:00PM Johnny Carson Show with Ann Margaret, Robert Mitchum & Tom Dreesen
- Thurs. July 30 9:00AM Weekly Guest Devotion with Pastor Casey Wilson
- Thurs. July 30 11:00AM Positive Energy Guided Meditation
- Thurs. July 30 1:00PM Seated Exercise
- Thurs. July 30 2:30PM Rick's Ramblings
- Thurs. July 30 4:00PM Seated Exercise
- Thurs. July 30 7:00PM Carol Burnett with Ricardo Montalban & Cass Elliot

900 CHANNEL SCHEDULE Continued

- **Thurs. July 30 8:00PM Weekly Guest Devotion with Pastor Casey Wilson (REPEAT)**
- **Thurs. July 30 8:10PM Positive Energy Guided Meditation (REPEAT)**
- **Fri. July 31 9:00AM Let Go & Trust God**
- **Fri. July 31 11:00AM Gentle Yoga- Whole Body**
- **Fri. July 31 11:30AM Rick's Ramblings (REPEAT)**
- **Fri. July 31 1:00PM Seated Exercise**
- **Fri. July 31 2:00PM Gentle Yoga- Whole Body**
- **Fri. July 31 4:00PM Seated Exercise**
- **Fri. July 31 8:10PM Let Go & Trust God (REPEAT)**

Courtyard & MPR Events

- **Wed. July 29 7:00PM- Outdoor Concert with Glaze & the Moonkings- Main Courtyard Balconies & Patio**
- **Thurs. July 30 2:00PM-Felt Flower Making- Sign Up Only- Limit of 8- MPR**
- **Fri. July 31 7:00PM- Outdoor Concert with Micah Turnbough- Main Courtyard Balconies & Patio**