

900 CHANNEL SCHEDULE Wednesday, Dec. 2

Thursday, Dec. 3 & Friday, Dec. 4

- Wed Dec 2 9:00AM Coping with Covid
- Wed Dec 2 11:00AM Balance Barre Class with Vanessa-Vitality in Motion
- Wed Dec 2 1:00PM Seated Exercise
- Wed Dec 2 2:00PM Balance Barre Class with Vanessa-Vitality in Motion
- Wed Dec 2 3:00PM Senior Chair Yoga
- Wed Dec 2 3:30PM Coping with Covid (REPEAT)
- Wed Dec 2 4:00PM Seated Exercise
- Wed Dec 2 7:00PM Michael Caine: Breaking the Mold: Hollywood Collection
- Thurs Dec 3 9:00AM Daily Devotional with Pastor Casey Wilson- Trust
- Thurs Dec 3 10:00AM Autumn in Arkansas
- Thurs Dec 3 11:00AM Balance Barre Class with Vanessa- Vitality in Motion
- Thurs Dec 3 1:00PM Seated Exercise
- Thurs Dec 3 2:00PM Balance Barre Class with Vanessa-Vitality in Motion
- Thurs Dec 3 3:00PM Rick's Ramblings
- Thurs Dec 3 3:30PM Daily Devotional with Pastor Casey Wilson- Trust (REPEAT)
- Thurs Dec 3 4:00PM Seated Exercise

- Thurs Dec 3 7:00PM Johnny Carson Show- Milton Berle
- Thurs Dec 3 7:50PM Autumn in Arkansas (REPEAT)
- Fri Dec 4 9:00AM Give Thanks Song by Janella Salvador
- Fri Dec 4 10:00AM Rick's Ramblings (REPEAT)
- Fri Dec 4 11:00AM Balance Barre Class with Vanessa-Vitality in Motion
- Fri Dec 4 1:00PM Seated Exercise
- Fri Dec 4 2:00PM Balance Barre Class with Vanessa-Vitality in Motion (REPEAT)
- Fri Dec 4 3:00PM Seated Chair Yoga
- Fri Dec 4 3:30PM Give Thanks Song by Janella Salvador (REPEAT)
- Fri Dec 4 4:00PM Seated Exercise
- Fri Dec 4 7:00PM Lang Lang at Bing Concert Hall-Stanford University