CHANNELS 2 (SENIOR TV) OCT 12-18

Monday, October 12

10:00 a.m. -- Community Meeting (The Semi-Annual Meeting) **PART 1**, **PART 2**
10:30 a.m. – Seated Fitness **HERE**
11:00 a.m. – Muscle Relaxation **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Marcus) **HERE**
1:00 p.m. – Art Film: The World's Most Expensive Stolen Paintings **HERE**

Tuesday, October 13
10:00 a.m. – Standing Low Impact Aerobics Workout, **HERE**
10:30 a.m. – Seated Fitness, **HERE**
11:00 a.m. – Muscle Relaxation, **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Marcus) **HERE**
2:00 p.m. – Culinary Techniques with Chef Brian **HERE**
3:00 p.m. – *Stonewall Uprising* (Channel 2) **HERE**

Wednesday, October 14
10:30 a.m. – Seated Fitness, **HERE**
11:00 a.m. – Meditation, **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Marcus) **HERE**
3:00 p.m. – Foreign Affairs: The Brent Scowcroft We Remember **HERE**

Thursday, October 15
10:00 a.m. – Standing Low Impact Aerobics Workout, **HERE**
10:30 a.m. – Seated Fitness, **HERE**
11:00 a.m. – Meditation, **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Vanessa) **HERE**
1:00 p.m. – Strategic Plan Briefing **HERE**

Friday, October 16
10:30 a.m. -- Seated Fitness **HERE**
11:00 a.m. -- Meditation **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Vanessa) **HERE**
1:00 p.m. – Opera: 1:00 p.m. Turandot - Puccini **HERE**

Sunday, October 18
10:30 a.m. – Sunday Chapel Service **HERE**