CHANNEL 2 LINKS OCTOBER 18-24

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

Monday, October 19
10:30 a.m. – Seated Fitness **HERE**
11:00 a.m. – Muscle Relaxation **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Jon) **HERE**
1:00 p.m. – Art Film: *David Hockney Secret Knowledge* (Part 1) **HERE**

Tuesday, October 20
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 (Jon) **HERE**
1:30 p.m. - Strategic Plan Briefing **HERE**
3:00 p.m. – LGBT History Month: 5 Clips, 30 min.
total **HERE**, **HERE**, **HERE**, **HERE**, **HERE**

Wednesday, October 21
10:30 a.m. – Seated Fitness, **HERE**
11:00 a.m. – Meditation, **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Jon) **HERE**
2:00 p.m. – America's Book of Secrets: Classified Tactics of the FBI. 45 minutes **HERE**

Thursday, October 22
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 (Leslie) **HERE**
1:00 p.m. -- Senior Quest: From Crisis to Hope **HERE**

Friday, October 23
10:30 a.m. -- Seated Fitness **HERE**
11:00 a.m. -- Meditation **HERE**
11:30 a.m. – Devotionals/Reflections from CPE (Leslie) **HERE**
1:00 p.m. – Opera: The Gambler - Prokofiev **HERE**

Sunday, October 25
10:30 a.m. – Sunday Chapel Service **HERE**