**CHANNEL 2 Sept 28 – Oct 4, 2020**

**Monday, September 28**10:30 a.m. – Seated Fitness [**HERE**](https://www.youtube.com/watch?v=M1tNfh3FJrY&list=PLf0KzoagGia-Ase9B7Q3eDIWQevJvZou8)  
11:00 a.m. – Muscle Relaxation [**HERE**](https://www.youtube.com/watch?v=itZMM5gCboo&list=PLf0KzoagGia-NAhDCuOaMrkkjIiBER9Uu&index=2)  
11:30 a.m. – Devotionals/Reflections from CPE (Jon) [**HERE**](https://youtu.be/fFB8Ga83rsg)  
 1:00 p.m. – Art Film: [Edward Hopper and the Blank Canvas](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=w5f0a2401c8e5cs&CalendarDate=2020-09-28)[**HERE**](https://www.youtube.com/watch?v=qk7nL27BxNg&t=30s)  
 3:00 p.m. – Recorded Discussion of [After Selma: Voter Suppression](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=d5f6f84ee9a845q&CalendarDate=2020-09-28)[**HERE**](https://georgetown.zoom.us/rec/share/Jh7vfyUyWKktx_VPgGZCBMHiUCE0cE4gLfVvBuOjoidtkjaf1T-OYAXcyhM2Dkc0.xw4lodH9zmHoItOG)

**Tuesday, September 29**[10:00 a.m. – Standing Low Impact Aerobics Workou](https://www.youtube.com/watch?v=91ABO4utqkA&t=11s)[t,](https://www.youtube.com/watch?v=91ABO4utqkA&t=11shttps://www.youtube.com/watch?v=W8a3T8pI9Ns&list=PLf0KzoagGia-pKJccfdA4ELphgDUu0CQ_&index=2)[**HERE**](https://www.youtube.com/watch?v=lgMT6Yeovvw&list=PLf0KzoagGia8WHQYK-vfxpSKtR-U_LHyb)10:30 a.m. – Seated Fitness, [**HERE**](https://www.youtube.com/watch?v=91ABO4utqkA&list=PLf0KzoagGia-NAhDCuOaMrkkjIiBER9Uu)11:00 a.m. – Muscle Relaxation, [**HERE**](https://www.youtube.com/watch?v=itZMM5gCboo&list=PLf0KzoagGia-NAhDCuOaMrkkjIiBER9Uu&index=2)11:30 a.m. – Devotionals/Reflections from CPE (Jon) [**HERE**](https://youtu.be/fFB8Ga83rsg)   
  3:00 p.m. - [Oktoberfest back home](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=z5f6f80a269f8bu&CalendarDate=2020-09-29) with your to-go beer & pretzels [**HERE**](https://www.youtube.com/watch?v=h1TnAPNBV7Y&list=PLf0KzoagGia-NAhDCuOaMrkkjIiBER9Uu&index=7)  
  4:00 p.m. –[Newcomers Virtual Meeting](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=s5f6babbe21e3bg&CalendarDate=2020-09-29) [**PART 1**](https://www.youtube.com/watch?v=LpcDScUex1E), [**PART 2**](https://www.youtube.com/watch?v=xU5tknM9jSs)

**Wednesday, September 30**10:30 a.m. – Seated Fitness, [**HERE**](https://www.youtube.com/watch?v=M1tNfh3FJrY&list=PLf0KzoagGia-Ase9B7Q3eDIWQevJvZou8)11:00 a.m. – Meditation, [**HERE**](https://www.youtube.com/watch?v=W8a3T8pI9Ns&list=PLf0KzoagGia-Ase9B7Q3eDIWQevJvZou8&index=2)11:30 a.m. – Devotionals/Reflections from CPE (Jon) [**HERE**](https://youtu.be/fFB8Ga83rsg)  
 1:30 p.m. – Message from Goodwin House Foundation, A Virtual Thank You [**HERE**](https://www.youtube.com/watch?v=pKS-iqn6Dpo&feature=youtu.be)  
 2:00 p.m. –[The Oktoberfest: Facts, Stats, and History](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=n5f6f810b2ec6eb&CalendarDate=2020-09-30) [**HERE**](https://www.youtube.com/watch?v=E2K3yJxBLi4)  
 2:05 p.m. – [Oktoberfest in Munich: The Wiesn Madness](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=n5f6f810b2ec6eb&CalendarDate=2020-09-30) [**HERE**](https://www.youtube.com/watch?v=yjxF9eGtQ7M&t=1027s)  
 3:00 p.m. – Foreign Affairs – [US Election: Implications for the Future of American Foreign Policy](http://www.ghbcresidents.org/Events/EventDetails.php?EventID=u5f4bc5cb61dc4y&CalendarDate=2020-09-30) [**HERE**](https://www.youtube.com/watch?v=smIkGfMDK2c&feature=youtu.be)

**Thursday, October 1**10:00 a.m. – Standing Low Impact Aerobics Workout, [**HERE**](https://www.youtube.com/watch?v=lgMT6Yeovvw&list=PLf0KzoagGia8WHQYK-vfxpSKtR-U_LHyb)10:30 a.m. – Seated Fitness, [**HERE**](https://www.youtube.com/watch?v=azv8eJgoGLk&list=PLf0KzoagGia8MYf9ZSzyEuKUgoHf5FGdI)11:00 a.m. – Meditation, [**HERE**](https://www.youtube.com/watch?v=ihO02wUzgkc&list=PLf0KzoagGia9iK_-E06oIJCpKUXkHL54h&index=2)11:30 a.m. – Devotionals/Reflections from CPE (Leslie) [**HERE**](https://www.youtube.com/watch?v=nUsU5HM8mw4&feature=youtu.be)

**Friday, October 2**11:30 a.m. – Devotionals/Reflections from CPE (Leslie) [**HERE**](https://www.youtube.com/watch?v=nUsU5HM8mw4&feature=youtu.be)  
 1:00 p.m. – Opera: 1:00 p.m. La Bohème – Puccini (1 hr. 53 min.) [**HERE**](https://operavision.eu/en/library/performances/operas/la-boheme-opera-de-monte-carlo)

**Sunday, October 4**  
10:30 a.m. - Chapel Service [**PART 1**](https://www.youtube.com/watch?v=-dMXWlG2KJg&t=1s), [**PART 2**](https://www.youtube.com/watch?v=nVLiwOfP8kQ)