

UPCOMING COMMUNITY EVENTS



Happy Thanksgiving!
Thursday, November 28th
We at Alto Wheaton would like to wish you and your family and friends a warm and happy Thanksgiving!



RMHC Charity Drive
When: November 5th-November 12th
Where: Front Lobby
Please help us collect items for the families in need this holiday season. All items collected will be donated to our local Ronald McDonald House Charity chapter. Thank you for all of your support!

DON'T MISS THESE EVENTS!

SAT 11/9 1:30PM | WHEATON COLLEGE STUDENT CHOIR VISIT
MON 11/11 1:30PM | VETERAN'S DAY PINNING CEREMONY
MON 11/11 2PM | DUPAGE PADS SANDWICH DONATION PROJECT
TUES 11/12 2:30PM | PUTT PUTT GOLF PARTY
WED 11/20 1:30PM | DRURY LANE THEATER OUTING
THURS 11/28 2:30PM | THANKSGIVING WITH JOHN BODA

Alto Wheaton
219 Parkway Dr
Wheaton, IL 60187
(630) 752-0644



FLOURISH

NOVEMBER 2024



WHAT'S INSIDE

Pg 2-3
Social Calendar

Pg 4
Upcoming Events + News

*"FALLEN LEAVES LYING ON THE GRASS IN THE NOVEMBER
SUN BRING MORE HAPPINESS THAN THE DAFFODILS."*

—CYRIL CONNOLLY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Alto Wheaton

219 Parkway Dr
Wheaton, IL 60187
(630) 752-0644
www.AllegroLiving.com

- 3**
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

- 10**
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

- 17**
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

- 24**
11:00 **AR** Trivia with Jeanne
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
2:30 **T** Afternoon Documentary
3:00 **AR** Gin Rummy Card Club
6:00 **T** Movie Night

- 4**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **AR** Quiddler
2:00 **AR** Penny Auction
3:15 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 11**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **B** Quiddler
1:30 **AR** Veteran's Day Pinning
2:00 **AR** Sandwich Charity Project
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 18**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Exercise with Legacy
12:45 **AR** Quiddler
2:00 **AR** Resident Council Meeting
3:00 **AR** Special Bingo w/ Linnell
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 25**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Health Talk with Legacy
12:45 **AR** Quiddler
2:30 **AR** DuPage Museum Visit
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 5**
10:30 **AR** Morning Reflections
11:00 **O** Walgreens Shopping Outing
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:00 **AR** Men's Luncheon
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:15 **AR** Manicures with Lifestyle
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 12**
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:00 **O** Jewel Shopping Outing
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:30 **AR** Putt Putt Golf Party
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night
6:00 **AR** After Dinner Poker Club

- 19**
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:00 **AR** Bring in Lunch: The Verdict
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:15 **AR** Manicures with Lifestyle
3:30 **T** Jeopardy Watch Party

- 26**
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:00 **O** Dollar Tree Shopping
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Guided Meditation
2:00 **B** Ice Cream Social
2:30 **AR** Meeting with the Chef
3:00 **AR** Meaning of Thanksgiving
3:30 **T** Jeopardy Watch Party

- 6**
9:30 **3** Walking Club
10:00 **AR** Communion with Dcn Dan
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:00 **AR** Remembering the Titanic
3:00 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party

- 13**
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:00 **AR** Activity Planning Meeting
3:00 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 20**
9:00 **FL** Library Book Drop Off Day
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
1:30 **O** Drury Lane Theater Outing
2:00 **AR** Around the World Series
3:00 **AR** Bingo Bonanza!

- 27**
9:30 **3** Walking Club
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Book Club Meeting
2:00 **AR** Universal Yums Tasting
3:00 **AR** Bingo Bonanza!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 7**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone with David
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Tim Wilsey Presents
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 14**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Live Piano: Mark Hoffman
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

- 21**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit & Tone with David
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** Piano: Devin Starr
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

- 28**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
1:00 **AR** Dominoes
1:30 **T** Rosary Group
2:30 **AR** John Boda Live
3:30 **T** Jeopardy Watch Party
3:30 **AR** Kings in the Corner Cards
6:00 **T** Movie Night

- 1**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
2:30 **AR** Halloween Happy Hour!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 8**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
1:30 **T** Communion w. Rev. Joanne
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party

- 15**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 22**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
1:30 **T** Communion w. Rev. Joanne
2:30 **AR** Happy Hour w/ Vito Zatto
3:30 **T** Jeopardy Watch Party

- 29**
9:30 **2** Walking Club!
10:30 **AR** Morning Reflections
11:00 **AR** White Board Puzzles
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **L** Knitting Club
1:00 **AR** Cooking Club - Brownies
2:30 **AR** Happy Hour!
3:30 **T** Jeopardy Watch Party
6:00 **T** Movie Night

- 2**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Quirkle Board Game
3:15 **AR** Kings in the Corner Game
6:00 **T** Movie Night

- 9**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:30 **AR** Wheaton Student Choir
2:30 **AR** Saturday Bingo
3:15 **AR** Craft with Caren
6:00 **T** Movie Night

- 16**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Quirkle Board Game
3:15 **AR** Kings in the Corner Game
6:00 **T** Movie Night

- 23**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Craft with Caren
6:00 **T** Movie Night

- 30**
10:30 **AR** Morning Reflections
11:00 **AR** Trivia Questions
11:30 **AR** Sit and Tone Exercise
12:45 **AR** Quiddler
1:00 **AR** Dominoes
2:00 **AR** Saturday Bingo
3:15 **AR** Quirkle Board Game
3:15 **AR** Kings in the Corner Game
6:00 **T** Movie Night

Around our Community



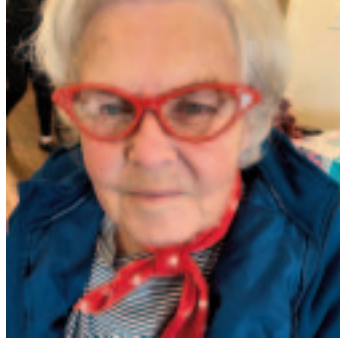
Happy November Birthday!

- 11/01 Theresa D.
- 11/04 Rosemary S.
- 11/09 Kit R.
- 11/13 Mary O.
- 11/19 Sylvia W.
- 11/20 Ellen W.
- 11/23 Jim S.

LOCATION KEY

- 2** 2nd Floor Hallway
- AR** Activity Room
- L** Library
- T** Theater
- O** Outing
- B** Bistro
- 3** 3rd Floor Hallway
- FL** Front Lobby

Sunday



3
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
10:45 **BR** Sunday Daily Reflections
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

10
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
10:45 **BR** Sunday Daily Reflections
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

17
WORLD PEACE DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
10:45 **BR** Sunday Daily Reflections
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

24
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Seated Yoga Stretching
10:45 **BR** Sunday Daily Reflections
1:30 **GR** Sing Along
2:30 **GR** Creative Crafts
3:30 **SK** Bingo
6:00 **SK** Classic Movies & Musicals

Monday



Debbie, Pete, Lena & Marilyn

4
KING TUT DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Bowling w/ Staff
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **SK** Time to Cook & Reminisce
2:00 **GR** Greenhouse Club
3:00 **GR** World Tour - EGYPT
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

11
VETERANS DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Bowling w/ Staff
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **O** VETERANS DAY PINNING
2:30 **GR** World Tour - ITALY +
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

18
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Bowling w/ Staff
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **SK** Time to Cook & Reminisce
2:00 **GR** Greenhouse Club
3:00 **GR** World Tour - SURINAME
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals

25
PARFAIT DAY
9:45 **BR** Songs, News & Chronicle
10:00 **SK** Bowling w/ Staff
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **SK** Time to Cook & Reminisce
3:00 **GR** World Tour - BOTSWANA
4:00 **GR** Who, Where & What?
6:00 **SK** Classic Movies & Musicals
6:00 **BR** ENSEMBLE FAMILY NIGHT

Tuesday



At Sock Hop Party

5
ELECTION DAY
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

12
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
12:00 **O** MEN'S LUNCHEON
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

19
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

26
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Putty Green Golf +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **O** Scenic Trips & Tales Tommy
2:00 **SK** Songs & Senses
3:00 **SK** iN2L TV Games
6:00 **SK** Classic Movies & Musicals

Wednesday

Alto Wheaton

219 Parkway Dr
Wheaton, IL 60187
(630) 752-0644
www.AllegroLiving.com

6
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Morning Hand Massage
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **BR** Word Brain Games
1:30 **BR** DEVIN STAR ON PIANO
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

13
KINDNESS DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
12:30 **O** MOVIE THEATER VISIT
2:30 **BR** BABETTE SINGER
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

20
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **BR** Word Brain Games
2:30 **BR** JAY JAY THE CLOWN
3:30 **BR** Happy Hour
6:00 **SK** Classic Movies & Musicals

27
FALL FEST
9:45 **BR** Songs, News & Chronicle
10:00 **P** Garden & Greenhouse Club
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **BR** Word Brain Games
2:30 **BR** HEATHER SINGER
3:30 **BR** FALL HAPPY HOUR
6:00 **SK** Classic Movies & Musicals

Thursday

7
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Bean Bag Toss +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Playing Fun Instruments
2:00 **SC** Life Skills Center
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

14
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Bean Bag Toss +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Playing Fun Instruments
2:00 **SC** Life Skills Center
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

21
SAY HELLO DAY
9:45 **BR** Songs, News & Chronicle
10:00 **GR** Bean Bag Toss +
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Playing Fun Instruments
2:00 **SC** Life Skills Center
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

28
THANKSGIVING
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Playing Fun Instruments
2:30 **GR** Ice Cream Social
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

Friday

1
ALL SAINTS DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

8
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

15
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

22
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
2:30 **O** VITTO SATTO GROUP
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

29
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

Saturday

2
ALL SOULS DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

9
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
2:00 **SK** Travel with Rick Steves
2:30 **BR** RUTH on PIANO
3:30 **SK** Balloon Games
4:00 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

16
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

23
CASHEW DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals

30
MASON JAR DAY
9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
1:30 **GR** Greenhouse Club
2:30 **GR** Name That Instrument
3:30 **SK** Story Telling
6:00 **SK** Classic Movies & Musicals

Around our Community

BE THANKFUL

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow. Be thankful for your limitations, because they give you opportunities for improvement. Be thankful for each new challenge, because it will build your strength and character.

Author Unknown

BIRTHDAYS:

NANCY SCHRANK
Thursday 7th

PATRICK LEONARD
Thursday 7th

BILL LIPSCOMB
Monday 18th

LOCATION KEY

- BR** Blue Room
- GR** Green Room
- SK** Sapphire Kitchen
- O** Outing
- SC** Life Skills Center
- P** Outdoor Patio

9:45 **BR** Songs, News & Chronicle
10:15 **BR** Exercise with Us!
10:45 **BR** Morning Reflections
2:00 **SK** Travel with Rick Steves
3:00 **SK** Balloon Games
3:30 **SK** Virtual Concerts
6:00 **SK** Classic Movies & Musicals