



















# PPH's Scheduled Programs on In-House TV Stations Tues Feb 1<sup>st</sup> – Mon Feb 28<sup>th</sup>

<b>MON</b>	<b>CH</b>	<b>TUES</b>	<b>CH</b>	<b>WED</b>	<b>CH</b>
† 9:00 – Daily Devotions	7	† 9:00 – Daily Devotions	7	† 9:00 – Daily Devotions	7
 10:00 – Silver Sneakers Sit PPHit	4	 10:00 - Silver Sneakers Chair Yoga	4	 10:00 – Silver Sneakers Sit PPHit	4
 1:30 – SilverSneakers/Silver&Fit	4	† 10:00 – Women in History	7	 10:00 – Journey Thru Music History	7
 2:00 – Movie Matinee	4	 1:30 – SilverSneakers/Silver&Fit	4	† 1:00 – Journey Thru the Bible	7
 2:00 – Singalong with Pastor Jack	7	 2:00 – Trivia with Kathy Nucero	7	 1:30 – SilverSneakers/Silver&Fit	4
		 2:00 – Movie Matinee	4	 2:00 – Movie Matinee	4
				† 7:00 – Vesper Service	7
<b>THURS</b>	<b>CH</b>	<b>FRI</b>	<b>CH</b>	<b>SAT</b>	<b>CH</b>
† 9:00 – Daily Devotions	7	† 9:00 – Daily Devotions	7	† 9:00 – Daily Devotions	7
† 9:45 – Catholic Mass	7	 1:30 – SilverSneakers/Silver&Fit	4	 10:00 – SilverSneakers/Sit&Fit	4
 10:00 – Silver Sneakers Chair Yoga	4	Join the Wellness Team for a fun, energetic, all levels program. Weights, Bands and Ball available for loan from Wellness. Call x8007			
 1:30 – SilverSneakers/Silver&Fit	4	 2:00 – Movie Matinee	4	<b>SUN</b>	<b>CH</b>
 2:00 – Movie Matinee	4	Tune in to enjoy a variety of films		† 9:15 - Ecumenical Service	7
† 2:00 – Devotions with Pastor Jack	7			† 11:00 – Sunday Mass	4
† 3:00 – Rosary Group	7				

\*All efforts are made to adhere to the above schedule. PPH strives to provide meaningful, spiritual, physical, and cognitive programming for all our PPH family members in IL, PC, and Pathways. For questions or concerns, please contact Kathy Nucero x8505. Thank you.

**Flip Over for Special Events**

# PPH's Scheduled Programs on In-House TV Stations FEB \*Special Events\*

## Events on In House TV:

- Wednesday February 2<sup>nd</sup> CH 4 – 2pm – Tom Tolnay
- Monday February 14<sup>th</sup> CH 57 – 10am – Senior Safety – Police Presentation
- Monday February 14<sup>th</sup> CH 57 – 2pm – Arlyn Wolters – Love Songs
- Tuesday February 15<sup>th</sup> CH 57 – 2pm – Dr. Century Portraying  
Sojourner Truth

## Event in Fountain Room

- Friday February 11<sup>th</sup>  
11:45am – 12:45pm  
**Smoothie Friday**  
(Cash Only)



# PPH's Scheduled Programs on In-House TV Stations for Black History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 <b><u>10am – CH 7</u></b> Health &amp; Wellness: A Look Back at Medical Schools/Hospitals in Philadelphia</p>	<p>2 <b><u>2pm - CH 7</u></b> Black Musicians in the Classical Tradition</p> <p><b><u>3pm - CH 4</u></b> Amend Episode 1</p>	<p>3 <b><u>10am – CH 4</u></b> Dr. Shar Damaraju &amp; Dr. Junod – Mental Health &amp; Covid. Eileen B. – PPH info on covid protocols</p> <p><b><u>2pm – CH 4</u></b> Amend Episode 2</p>	<p>4 <b><u>2pm- CH 4</u></b> Amend Episode 3</p>	<p>5 <b><u>2pm – CH 4</u></b> Amend Episode 4</p>
<p>6 <b><u>2pm – CH 4</u></b> Amend Episode 5</p>	<p>7 <b><u>2pm – CH 4</u></b> Amend Episode 6</p>	<p>8 <b><u>10am - CH 7</u></b> Dr. Ala Stanford, founder, &amp; CEO of the Black Doctors Covid-19 Consortium</p> <p><b><u>2pm - CH 57</u></b> Ted Talk</p>	<p>9 <b><u>10am - CH 7</u></b> The Gospel Tradition</p>	<p>10 <b><u>2pm - CH 4</u></b> Movie -The 13<sup>th</sup></p>	<p>11 <b><u>10am – CH 4</u></b> Caregiver Video</p> <p><b><u>2pm – CH 4</u></b> Quincy Documentary</p>	<p>12 <b><u>2pm – CH 4</u></b> Movie -All Day and All Night</p>
<p>13 <b><u>2pm – CH 4</u></b> The Black Godfather</p>	<p>14 <b><u>10am - CH 57</u></b> Senior Safety – Police Presentation</p>	<p>15 <b><u>10am - CH 7</u></b> Rebecca Crumpler, MD</p> <p><b><u>2pm – CH 57</u></b> Dr. Century Performs as: Sojourner Truth</p>	<p>16 <b><u>10am – CH 7</u></b> Blues and Jazz</p> <p><b><u>2pm – CH 4</u></b> Many Rivers to Cross African American Episode 1</p>	<p>17 <b><u>10am – CH 4</u></b> Cathy Boland-Healthy Choices- Nutritional Program</p> <p><b><u>2pm - CH 4</u></b> Many Rivers to Cross African American Episode 2</p>	<p>18 <b><u>10am – CH 4</u></b> Ted Talk -Food Desert</p> <p><b><u>2pm - CH 4</u></b> Many Rivers to Cross African American Episode 3</p>	<p>19 <b><u>10am – CH 4</u></b> Ted Talk</p> <p><b><u>2pm - CH 4</u></b> Many Rivers to Cross African American Episode 4</p>
<p>20 <b><u>2pm – CH 4</u></b> Many Rivers to Cross Episode 5</p>	<p>21 <b><u>2pm – CH 4</u></b> Many Rivers to Cross African American Episode 6</p>	<p>22 <b><u>10am – CH 7</u></b> Major Della Hayden Raney Jackson</p> <p><b><u>2pm – CH4</u></b> Ted Talk</p>	<p>23 <b><u>10am - CH 7</u></b> R &amp; B (Motown &amp; more)</p>	<p>24 <b><u>2pm - CH 4</u></b> Mud Bound</p>	<p>25 <b><u>2pm – CH 4</u></b> The Boy who Harnessed the Wind</p>	<p>26</p>
<p>27</p>	<p>28 <b><u>2pm – CH 4</u></b> The Boy who Harnessed the Wind</p>					