MVTV Broadcast Schedule

Monday

- 8:00 am Daily dose of Wellness - Silver Sneakers Classic (36 minutes) (13- 30 minute workout with the wellness team)
- 8:30 am Daily devotions
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - New Exercise Class Coming Soon (12 minutes)
- 10:45 Talk with the Team
- 1:30 pm Daily Dose of Wellness - Silver Sneakers Classic (36 minutes)
- 2:00 pm - reserved for Sing for the Moment
- 2:30 pm - 3:30 pm **Pathways Institute Course (1 hour)**
- 3:30 pm Daily Dose of Wellness - Leg Workout (12 minutes)
- 4:00 pm Daily Devotions
- 4:30 pm Message from the President

Slide Rotation: encouraging messages and pics from family members and friends

Tuesday

- 8:00 am Daily dose of Wellness - Seated Arm and Upper Body Workout (22 minutes) (13-minute workout with wellness team)
- 8:30 am Daily devotions
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - Stretching and Yoga (22 minutes)
- 1:30 pm Daily Dose of Wellness - Seated Arm and Upper Body Workout (22 minutes)
- 2:00 pm Sunday Service
- 3:00 pm Daily dose of Wellness - Senior Kickboxing (30 minutes)
- 3:30 pm Daily Dose of Wellness - Balance and Stability (12.45 minutes)
- 4:00 pm Daily devotions
- 4:30 pm Message from the President

Slide Rotation: encouraging messages and pics from family and friends

Updated:7.27.2020

Wednesday

- 8:00 am Daily dose of Wellness - Silver Sneakers Classic (36 minutes)
  (13- 30 minute workout with the wellness team)
- 8:30 am Daily devotions
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - New Exercise Class Coming Soon (13 minutes)
- **11:00 - 12:40 pm Pathways Institute Course (1 hour 40 minutes max)**
- 1:30 pm Daily Dose of Wellness - Leg Workout (27 minutes)
- 2:00 pm - reserved for Sing for the Moment
- 3:30 pm Daily Dose of Wellness - Arm/Upper Body Workout (9 minutes)
- 4:00 pm Daily devotions
- 4:30 pm Message from the President

Slide Rotation: encouraging messages and pics from family and friends

Thursday

- 8:00 am Daily dose of Wellness - New Exercise Class Coming Soon (12 minutes)
- (13- 30 minute workout with the wellness team)
- 8:30 am Daily devotions
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - Senior Kickboxing (30 minutes)
- 11:00 - 12:00 noon - Talk with the Team or Resident Council
- 1:30 pm Daily Dose of Wellness - Leg Workout (27 minutes)
- 2:30 pm Rosary
- 3:30 pm Daily Dose of Wellness - Resistance Bands (12 minutes)
- 4:00 pm Daily devotions
- 4:30 pm Message from the President
- 6:00 pm Talk with the Team or Resident Council

Slide Rotation: encouraging messages and pics from family and friends

Friday

- 8:00 am Daily dose of Wellness - Silver Sneakers Classic (36 minutes)
- (13- 30 minute workout with the wellness team)
- 8:30 am Daily devotions
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - Arm Workout (12 minutes)
- 10:30 Hymn Sing
- 11:00 - 12:00 - Talk with the Team or Resident Council
- 1:30 pm Daily Dose of Wellness - Silver Sneakers Classic (36 minutes)
- 2:30 pm Hymn Sing
- 3:30 pm Daily Dose of Wellness - Stretching and Yoga (22 minutes)
- 4:00 pm Daily devotions
- 4:30 pm Message from the President
- 6:00 pm Talk with the Team or Resident Council

Slide Rotation: encouraging messages and pics from family and friends

Saturday

- 8:00 am Daily dose of Wellness - Senior Bootcamp (17 minutes)
- (13- 30 minute workout with the wellness team)
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - New Exercise Class Coming Soon (12 minutes)
- 1:30 pm Daily Dose of Wellness - Silver Sneakers Classic (36 minutes)
- 2:00 pm - 3:00 pm **Pathways Institute Course (1 hour max)**
- 3:30 pm Daily Dose of Wellness - Balance and Stability (12:45 minutes)
- 4:30 pm Message from the President
- 6:30 pm Weekend Movie

Slide Rotation: encouraging messages and pics from family and friends

Sunday

- 8:00 am Daily dose of Wellness - Silver Sneakers Classic (36 minutes)
- (13- 30 minute workout with the wellness team)
- 9:00 am Message from the President
- 10:00 am Daily Dose of Wellness - New Exercise Class Coming Soon (13 minutes)
- 10:30 am Sunday Service
- 1:30 pm Daily Dose of Wellness - Stretching and Yoga (22 minutes)
- 2:30 pm Catholic Mass
- 3:30 pm Daily Dose of Wellness - New Exercise Class Coming Soon (13 minutes)
- 4:30 pm Message from President
- 6:30 pm Weekend Movie

Slide Rotation: encouraging messages and pics from family and friends

Notes:

Daily Dose of Wellness

The Messiah Lifeways Wellness team has provided a group of low impact workouts and mindfulness exercises to be broadcast on MVTV. These workout videos can also be accessed on the wellness webpage by visiting MessiahLifeways.org/wellness.

Chat with the Pastor

The Messiah Village Pastoral ministries team will begin broadcasting Bible studies on MVTV. They will run Monday, Wednesday, and Friday starting at 10:30 am.

Weekend Movie

Every Saturday and Sunday evening we will run a weekend movie starting at 6:30 pm. A slide will run through the MVTV rotation announcing the weekend movie selection.

Special Features from the Archives

Programs may vary from Jazz Me Band concerts, Messiah Village Variety Show, Symphony concerts and more! We will run a slide each day announcing the archive selection of the week.