



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Soundscapes at Night Sun: Spring Night Mon: Beach Sunset Tues: Spring Evening Wed: Poolside Sunset Thurs: Calm Nite w/Jazz Fri: Beach Ambience Sat: Spring Meadow	1 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. National Geo - Hawaii 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	2 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Humor Hour - J. Carson 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	3 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Virtual Walk - Redwood 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	4 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Zoo Camera - Giraffes 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	5 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Music - Kim Eames 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	6 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Chicken Soup for the Soul/Movie 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes
7 7 a.m. Beautiful Hymns 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	8 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. National Geo- Squids 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	9 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Humor Hour or Two 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	10 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Virtual Beach Walk 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	11 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Zoo Camera - TropReef 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	12 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Music - Joe Taylor 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	13 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Chicken Soup for the Soul/Movie 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes
14 7 a.m. Beautiful Hymns 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	15 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. National Geo - Nordic 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	16 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Humor Hour - C. Burnett 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	17 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Virtual Sun Forest Walk 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	18 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Zoo Camera - Meerkats 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	19 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Music - John Worsham 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	20 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Chicken Soup for the Soul/Movie 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes
21 7 a.m. Beautiful Hymns 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	22 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. National Geo - Equator 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	23 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Humor Hour or Two 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	24 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Virtual Walk w/Waterfall 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	25 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Zoo Camera - Penguins 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	26 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Music - Billy Troy 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	27 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Chicken Soup for the Soul/Movie 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes
28 7 a.m. Beautiful Hymns 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	29 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. National Geo - Gators 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	30 8 a.m. Meditation/Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Daily Trivia 2 p.m. Humor Hour or Two 6 p.m. Film & TV Tidbits/Movies 10 p.m. Soundscapes	Chicken Soup Movies 6 - Deliverance of Elaine 13 - Cavedweller 20 - Storm in the Summer 27 - In a Class of His Own 	<h1>April 2024</h1> <h2>Touchtown Calendar</h2> <h3>Channel 1991</h3>		

Please contact Mary Johnson with any questions: (402) 682-4223 or mjohnson@hillcresthealth.com.