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# October 2024 Touchtown Calendar, Channel 1991

		<b>1</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Netflix - Our Planet 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>2</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Autumn Farm Ambience 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>3</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Cam - Penguins 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>4</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Music w/John & w/Kim 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>5</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Chicken Soup Movie 6 p.m. Sports Tidbits 10 p.m. Soundscapes
<b>6</b> 7 a.m. Beautiful Hymns 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Camera - Sharks 10 p.m. Soundscapes	<b>7</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Humor Hour or Two 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>8</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Netflix - Our Planet 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>9</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Virtual Autumn Walk 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>10</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Cam - Meerkats 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>11</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Chain Reactions 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>12</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Chicken Soup Movie 6 p.m. Sports Tidbits 10 p.m. Soundscapes
<b>13</b> 7am Beautiful Hymns 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Camera - Sea Lions 10 p.m. Soundscapes	<b>14</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Laughs w/Lucy 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>15</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Netflix - Our Planet 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>16</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Virtual Autumn Walk 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>17</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Cam - Pandas 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>18</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Music w/Billy Troy 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>19</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Chicken Soup Movie 6 p.m. Sports Tidbits 10 p.m. Soundscapes
<b>20</b> 7 a.m. Beautiful Hymns 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Camera - Polar Bears 10 p.m. Soundscapes	<b>21</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Humor Hour or Two 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>22</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Halloween Cartoons 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>23</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Virtual Autumn Walk 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>24</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Cam - Gorillas 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>25</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Adams Family/ Munsters 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>26</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Chicken Soup Movie 6 p.m. Sports Tidbits 10 p.m. Soundscapes
<b>27</b> 7 a.m. Beautiful Hymns 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Camera - Orangutans 10 p.m. Soundscapes	<b>28</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Carol Burnett 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>29</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Legend of Sleepy Hollow 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>30</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Dog Who Save Halloween 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<b>31</b> 8 a.m. Meditation/ Mindfulness 9 a.m. Spiritual Message 10 a.m. Morning Stretches 11 a.m. Joy of Music 2 p.m. Zoo Cam - Giraffes 6 p.m. Sports Tidbits 10 p.m. Soundscapes	<u><b>Soundscapes (Oct. 1-19)</b></u> Sun: Autumn Lake Mon: Late Night Jazz Tues: Autumn Lake Lounge Wed: Lakeside Serenity Thurs: Jazz Autumn Night Fri: Autumn Lake Cottage Sat: Rain at Cozy Cabin  <u><b>Soundscapes (Oct. 20-31)</b></u> Halloween Themed	

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