



LET'S GET SMARTER ABOUT GROWING OLDER

"You can blame it on a cocktail party," says Cathleen Toomey, Vice President of Marketing at the RiverWoods Group, a family of Continuing Care Retirement Communities. "Because I live in a small town and have worked for RiverWoods for many years, people would come to me at pre-Covid cocktail or dinner parties, even at the grocery store, with questions about aging."

In the last couple of years, the number of people with questions seemed to increase. "Suddenly, many more people were asking, and I realized that adult children need more information." Toomey recognized there was a need to amplify the answers to reach the growing number of people with questions about aging. "We all know that people are living longer than ever before. Adult children are raising their own children and trying to keep their parents safe, and they don't know where to go with all of their questions," says Toomey.

That is when Toomey launched the SENIORITY AUTHORITY podcast, which covers topics from dementia to downsizing, fitness to finance and more. "My goal is to bring together ideas and strategies from new research, leading writers and scientists to provide answers on aging to everyone," says Toomey.

The podcast caught the imagination of Dawn DeAngelis, Vice President and Chief Content Officer at NHPBS, and she approached Toomey with the idea of partnering with video content. "This content is exactly what our viewers are interested in, and we are thrilled to bring this valuable information to the NHPBS audience," says DeAngelis.

Starting in January, NHPBS will feature Toomey on-air and online at nhpbs.org/seniorityauthority tackling topics such as understanding different levels of care, how to build brain health, simple ways to have a long happy life and the challenge of downsizing (sadly, no one wants your Hummels).

"I want to change the way people think about aging," says Toomey.

Toomey focuses on blending current science, thinking and research with actionable tactics people can use. For example, in one episode, she explores the three key things you can do to reduce your chance of dementia by 50 percent. "Sleep, exercise and socialization. Socialization is very important — even more important than brain games," explains Toomey. "Sleep is important, and exercise is a silver bullet. It is the one thing you have to keep doing because it affects everything."

Toomey packs a punch with her ideas on aging and offers up simple solutions from trusted sources. Podcast guests have included Dr. Robert

"This is a passion project. I want to seek out the answers to the questions people have, so we can elevate the conversation on aging," says Cathleen Toomey.

Waldinger, Director of Harvard's Study for Adult Development; Dan Heath, New York Times best-selling author; Ashley Campbell, musician Glen Campbell's daughter, and more.

"Our society says that growing old is bad, and we have to change that," says Toomey. "The Boomer Generation is rewriting every social convention. They are marrying later, traveling more, and aging is no different. I really want to flip the script on ageism."

You can catch SENIORITY AUTHORITY on NHPBS and online at nhpbs.org/seniorityauthority. And you can listen to the Seniority Authority podcast free wherever you listen to podcasts. Find out more at seniorityauthority.org.

SENIORITY AUTHORITY is made possible by Bank of New Hampshire Wealth Management, UnitedHealthcare, Donahue, Tucker & Ciandella, PLLC and Milne Travel.

**SENIORITY
AUTHORITY**

NHPBS PRIMETIME PICKS



Around the World in 80 Days on Masterpiece

SUN Jan 2 | 8 PM NHPBS

Enjoy this thrilling adaptation of Jules Verne's classic adventure novel. David Tennant stars as literature's greatest explorer, Phileas Fogg. He is joined on his remarkable journey by French actor Ibrahim Koma as Jean Passepartout.



The Long Coast

THU Jan 6 | 7:30 PM NHPBS

Explore the beauty, intimacy and uncertainty that coastal dwellers face in rooting their lives in the ocean, particularly as human actions — from overfishing to aquaculture to warming seas — confront Maine and its people with profound change.



Getting Dot Older

FRI Jan 7 | 7 PM NHPBS

Focusing on intimate personal revelations about aging, this program features diverse members of the Baby Boomer generation. Each subject is asked the same 21 questions designed to produce intimate and thoughtful responses.



All Creatures Great and Small on Masterpiece

SUN Jan 9 | 9 PM NHPBS

James and Helen test the waters of their relationship as James ponders a new job prospect. Tristan dives into his vet practice a bit too confidently.



The Bob Ross Experience

THU Jan 13 | 9 PM NHPBS

From 1983 to 1988, Bob filmed in a makeshift studio in the L.L. Ball home near the campus of Ball State University. Watch the transformation of his original studio into an intimate museum experience designed for those he inspired.



Animals with Cameras, A Nature Miniseries

WED Jan 19 | 8 PM NHPBS

Wildlife cameraman Gordon Buchanan leads a team using state of the art cameras, offering a fresh look at the lives of some of the animals in our oceans such as sharks, elephant seals, turtles and gannets.

5 CHANNEL SPOTLIGHT

OUR PRIMARY CHANNEL, NHPBS, IS NOW STREAMED LIVE AT NHPBS.ORG/LIVESTREAM



HOME DIAGNOSIS

SAT Jan 1 | 4:30 PM NHPBS

HOME DIAGNOSIS is *This Old House* meets *CSI*. It is the first program ever dedicated to promoting measured home performance, building science concepts and forensic testing, while highlighting best practices for home improvements and high performance building proven through diagnostics.



LONDON'S NEW YEAR'S DAY PARADE

SAT Jan 1 | 8 AM NHPBS EXPLORE

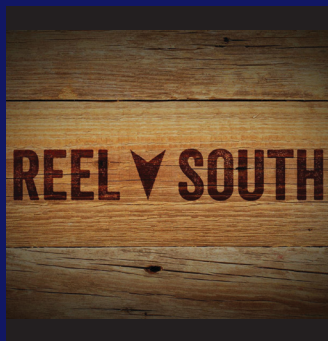
London's spectacular annual tradition returns to the city of Westminster to usher some much-needed joy into the lives of participants and viewers around the world.



CYCLE AROUND JAPAN HIGHLIGHTS

FRIDAYS | 10 AM NH CREATE

Hop on your bike and let's discover a delightful way to explore Japan. A rotating cast of avid cyclists host the series, pedaling through striking landscapes. In each location, they dismount to explore the culture, history, food and traditions of the region.



REEL SOUTH

TUE Jan 18 | 7 PM NH WORLD

The people, culture, landscape and history of the South both captivate and bewilder. In the cherished tradition of Southern storytelling, REEL SOUTH reveals the South's proud yet complicated heritage, as told by a diversity of voices and perspectives.



CURIOUS GEORGE

FRI Jan 7 | 11:30 AM NH PBS KIDS

We're ringing in the New Year with brand-new CURIOUS GEORGE episodes every Friday on PBS KIDS! George inspires children to explore science, engineering and math in the world around them. And what better guide is there for this kind of exploration than the world's most curious monkey?

MORE TO EXPLORE



ANTIQUES ROADSHOW | SEASON 26
MON Jan 3 | 8 PM NHPBS



MORE THAN JUST MUSIC
FRI Jan 21 | 8 PM NHPBS



LEGACY OF LOVE
SUN Jan 23 | 7:30 PM NHPBS



SEASIDE HOTEL SEASON 2
WED Jan 26 | 10 PM NHPBS EXPLORE



CROOKED STICK SONGS
IN A STRANGE LAND
FRI Jan 28 | 8 PM NHPBS

ON-AIR | MOBILE | ONLINE | CLASSROOMS | COMMUNITY

| | 6:30 PM | 7:00 PM | 7:30 PM | 8:00 PM | 8:30 PM | 9:00 PM | 9:30 PM | 10:00 PM |
|-----------|----------------------------------|---------------------------|---------------------|--|---------|--|--|--|
| Sat. 1/1 | Tell Me More with Kelly Corrigan | Escape to the Chateau DIY | | Great Performances From Vienna: The New Year's Celebration 2022 | | | All Creatures Great and Small On Masterpiece | |
| Sun. 1/2 | Miles Davis: American Masters* | | | Around The World In 80 Days On Masterpiece | | Downton Abbey** | | |
| Mon. 1/3 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Antiques Roadshow | | Antiques Roadshow | | Independent Lens** |
| Tue. 1/4 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Finding Your Roots | | Finding Your Roots | | Frontline** American Insurrection |
| Wed. 1/5 | PBS NewsHour* | Greater Boston | Windows to the Wild | Nature Living Volcanoes | | Nova High-Risk High-Rise | | Big Pacific** |
| Thu. 1/6 | PBS NewsHour* | Greater Boston | The Long Coast | | | Preserving Democracy: Pursuing A More Perfect Union** | | |
| Fri. 1/7 | PBS NewsHour* | Getting Dot Older | Basic Black | Composer: Amy Beach | | Stars On Stage from Westport Country Playhouse | | In Concert at the Hollywood Bowl** |
| Sat. 1/8 | Tell Me More with Kelly Corrigan | Escape to the Chateau DIY | | Around The World In 80 Days On Masterpiece | | Downton Abbey** | | |
| Sun. 1/9 | Nova* | | | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Mon. 1/10 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Antiques Roadshow | | Antiques Roadshow | | Independent Lens** |
| Tue. 1/11 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Finding Your Roots | | American Masters Ailey | | |
| Wed. 1/12 | PBS NewsHour* | Greater Boston | Windows to the Wild | Nature Octopus: Making Contact | | Nova Butterfly Blueprints | | Big Pacific** |
| Thu. 1/13 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Enchanted Hills: Legacy of An Art Colony | | Bob Ross Experience | | Independent Lens** |
| Fri. 1/14 | PBS NewsHour* | Getting Dot Older | Basic Black | Martin Luther King, Jr. Celebration Concert with The Cleveland Orchestra | | Stars On Stage from Westport Country Playhouse | | In Concert at the Hollywood Bowl** |
| Sat. 1/15 | Tell Me More with Kelly Corrigan | Escape to the Chateau DIY | | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Sun. 1/16 | American Masters* Ailey | | Beyond The Canvas | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Mon. 1/17 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Antiques Roadshow | | Antiques Roadshow | | Independent Lens** |
| Tue. 1/18 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Finding Your Roots | | Great Performances Reopening - The Broadway Revival | | Frontline** United States of Conspiracy |
| Wed. 1/19 | PBS NewsHour* | Greater Boston | Windows to the Wild | Animals with Cameras, A Nature Miniseries | | Nova Alaskan Dinosaurs | | Big Pacific** |
| Thu. 1/20 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | 86th Annual Anisfield-Wolf Book Awards | | American Masters** | | |
| Fri. 1/21 | PBS NewsHour* | Getting Dot Older | Basic Black | More Than Just The Music | | Stars On Stage from Westport Country Playhouse | | Great Performances** |
| Sat. 1/22 | Tell Me More with Kelly Corrigan | Escape to the Chateau DIY | | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Sun. 1/23 | Independent Lens* | | Legacy of Love | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Mon. 1/24 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Antiques Roadshow | | P.O.V. Not Going Quietly | | |
| Tue. 1/25 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Finding Your Roots | | Roberto Clemente: American Experience | | Frontline** China's Covid Secrets |
| Wed. 1/26 | PBS NewsHour* | Greater Boston | Windows to the Wild | Animals with Cameras, A Nature Miniseries | | Nova Ancient Maya Metropolis | | Big Pacific** |
| Thu. 1/27 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | I Danced for the Angel of Death - The Dr. Edith Eva Eger Story | | My Survivor | | Harbor from the Holocaust** |
| Fri. 1/28 | PBS NewsHour* | Getting Dot Older | Basic Black | Crooked Stick: Songs in a Strange Land | | Muhammad Ali** | | |
| Sat. 1/29 | Member Favorites* | | | | | | | Around The World In 80 Days On Masterpiece** |
| Sun. 1/30 | Member Favorites* | | | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | Vienna Blood** |
| Mon. 1/31 | PBS NewsHour* | Greater Boston | Rick Steves' Europe | Antiques Roadshow | | Antiques Roadshow | | Independent Lens** |

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|-----------|---|---|---------|---|--|---|--|---|
| Sat. 1/1 | The Lawrence Welk Show* | Inside The Mind of Agatha Christie | | American Experience The Codebreaker | | Miles Davis: American Masters** | | |
| Sun. 1/2 | The Swamp: American Experience* | | | Nova Secrets of the Forbidden City | | Earth Emergency | | Climate Change The Facts** |
| Mon. 1/3 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Midsomer Murders | | Masterpiece Mystery! | | Miss Scarlet and the Duke On Masterpiece** |
| Tue. 1/4 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Around The World In 80 Days On Masterpiece | | All Creatures Great and Small On Masterpiece | | |
| Wed. 1/5 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Father Brown | | Bletchley Circle - San Francisco | | Professor T** |
| Thu. 1/6 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Trouble with Maggie Cole | | Wallander | | |
| Fri. 1/7 | Cook's Country | PBS NewsHour | | Washington Week | Open Mind | Firing Line with Margaret Hoover | Frontline** American Insurrection | |
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| Wed. 1/26 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Father Brown | | Bletchley Circle - San Francisco | | Seaside Hotel** |
| Thu. 1/27 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Trouble with Maggie Cole | | Wallander | | |
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| Sun. 1/30 | Member Favorites* | | | | | | | |
| Mon. 1/31 | America's Test Kitchen From Cook's Illustrated | PBS NewsHour | | Midsomer Murders | | Masterpiece Mystery! | | Fleming: The Man Who Would Be Bond** |

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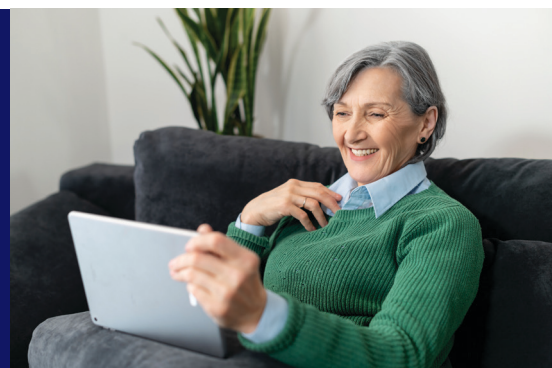
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JAN 2022

ALL CREATURES GREAT AND SMALL ON MASTERPIECE
SEASON 2

NH PBS

TOGETHER WE ENGAGE | CONNECT | CELEBRATE