“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 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.

nhpbs.org | 603-868-1100 | themailbox@nhpbs.org | nhpbs.org/donate
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.
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?
### JANUARY 2022 PROGRAM SCHEDULE

**6:30 PM**
- **Sat. 1/1**
  - Tell Me More with Kelly Corrigan
- **Sun. 1/2**
  - Miles Davis: American Masters
- **Mon. 1/3**
  - PBS NewsHour
- **Tue. 1/4**
  - PBS NewsHour
- **Wed. 1/5**
  - PBS NewsHour
- **Thu. 1/6**
  - PBS NewsHour
- **Fri. 1/7**
  - PBS NewsHour
- **Sat. 1/8**
  - Tell Me More with Kelly Corrigan

**7:30 PM**
- **Sat. 1/1**
  - Escape to the Chateau DIY
- **Mon. 1/3**
  - Greater Boston
  - Rick Steves’ Europe
- **Tue. 1/4**
  - Greater Boston
  - Rick Steves’ Europe
- **Wed. 1/5**
  - Greater Boston
  - Windows to the Wild
- **Thu. 1/6**
  - Greater Boston
  - The Long Coast
- **Fri. 1/7**
  - Getting Dot Older
  - Basic Black
- **Sat. 1/8**
  - Getting Dot Older
  - Composers: Amy Beach

**7:30 PM**
- **Sat. 1/8**
  - Escape to the Chateau DIY

**8:00 PM**
- **Sat. 1/8**
  - Great Performances From Vienna: The New Year’s Celebration 2022

**8:30 PM**
- **Sat. 1/8**
  - All Creatures Great and Small On Masterpiece

**9:00 PM**
- **Sat. 1/8**
  - Downton Abbey

**9:30 PM**
- **Sat. 1/8**
  - Vienna Blood

**10:00 PM**
- **Sat. 1/8**
  - Vienna Blood

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Please Note: Programs on NH PBS begin before 6:30 PM when marked *. Programs end at 10:30 PM unless marked **
This program schedule is subject to change. Go to nhpbs.org/schedule for the most up-to-date listing of programs.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Program Name</th>
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<th>Program Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1/1</td>
<td>Sat.</td>
<td>The Lawrence Welk Show*</td>
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<td>The Lawrence Welk Show*</td>
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<td>The Lawrence Welk Show*</td>
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<td>1/3</td>
<td>Mon.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Mon.</td>
<td>PBS NewsHour</td>
<td>Mon.</td>
<td>Midsomer Murders</td>
<td>Mon.</td>
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<td>1/4</td>
<td>Tue.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Tue.</td>
<td>PBS NewsHour</td>
<td>Tue.</td>
<td>Around The World In 80 Days On Masterpiece</td>
<td>Tue.</td>
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<tr>
<td>1/6</td>
<td>Thu.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Thu.</td>
<td>PBS NewsHour</td>
<td>Thu.</td>
<td>Trouble with Maggie Cole</td>
<td>Thu.</td>
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<td>1/7</td>
<td>Fri.</td>
<td>Cook’s Country</td>
<td>Fri.</td>
<td>PBS NewsHour</td>
<td>Fri.</td>
<td>Washington Week</td>
<td>Fri.</td>
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<tr>
<td>1/8</td>
<td>Sat.</td>
<td>The Lawrence Welk Show*</td>
<td>Sat.</td>
<td>PBS NewsHour</td>
<td>Sat.</td>
<td>Trouble with Maggie Cole</td>
<td>Sat.</td>
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<tr>
<td>1/10</td>
<td>Mon.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Mon.</td>
<td>PBS NewsHour</td>
<td>Mon.</td>
<td>Trouble with Maggie Cole</td>
<td>Mon.</td>
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<td>1/11</td>
<td>Tue.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Tue.</td>
<td>PBS NewsHour</td>
<td>Tue.</td>
<td>Trouble with Maggie Cole</td>
<td>Tue.</td>
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<td>1/12</td>
<td>Wed.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Wed.</td>
<td>PBS NewsHour</td>
<td>Wed.</td>
<td>Trouble with Maggie Cole</td>
<td>Wed.</td>
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<td>1/13</td>
<td>Thu.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Thu.</td>
<td>PBS NewsHour</td>
<td>Thu.</td>
<td>Trouble with Maggie Cole</td>
<td>Thu.</td>
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<td>1/14</td>
<td>Fri.</td>
<td>Cook’s Country</td>
<td>Fri.</td>
<td>PBS NewsHour</td>
<td>Fri.</td>
<td>Washington Week</td>
<td>Fri.</td>
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<tr>
<td>1/15</td>
<td>Sat.</td>
<td>The Lawrence Welk Show*</td>
<td>Sat.</td>
<td>PBS NewsHour</td>
<td>Sat.</td>
<td>Trouble with Maggie Cole</td>
<td>Sat.</td>
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<td>1/17</td>
<td>Mon.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Mon.</td>
<td>PBS NewsHour</td>
<td>Mon.</td>
<td>Trouble with Maggie Cole</td>
<td>Mon.</td>
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<td>1/18</td>
<td>Tue.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Tue.</td>
<td>PBS NewsHour</td>
<td>Tue.</td>
<td>Trouble with Maggie Cole</td>
<td>Tue.</td>
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<td>1/19</td>
<td>Wed.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Wed.</td>
<td>PBS NewsHour</td>
<td>Wed.</td>
<td>Trouble with Maggie Cole</td>
<td>Wed.</td>
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<td>1/20</td>
<td>Thu.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Thu.</td>
<td>PBS NewsHour</td>
<td>Thu.</td>
<td>Trouble with Maggie Cole</td>
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<td>1/21</td>
<td>Fri.</td>
<td>Cook’s Country</td>
<td>Fri.</td>
<td>PBS NewsHour</td>
<td>Fri.</td>
<td>Trouble with Maggie Cole</td>
<td>Fri.</td>
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<tr>
<td>1/22</td>
<td>Sat.</td>
<td>The Lawrence Welk Show*</td>
<td>Sat.</td>
<td>PBS NewsHour</td>
<td>Sat.</td>
<td>Trouble with Maggie Cole</td>
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<td>1/24</td>
<td>Mon.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Mon.</td>
<td>PBS NewsHour</td>
<td>Mon.</td>
<td>Trouble with Maggie Cole</td>
<td>Mon.</td>
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<tr>
<td>1/25</td>
<td>Tue.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Tue.</td>
<td>PBS NewsHour</td>
<td>Tue.</td>
<td>Trouble with Maggie Cole</td>
<td>Tue.</td>
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<td>1/26</td>
<td>Wed.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Wed.</td>
<td>PBS NewsHour</td>
<td>Wed.</td>
<td>Trouble with Maggie Cole</td>
<td>Wed.</td>
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<tr>
<td>1/27</td>
<td>Thu.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Thu.</td>
<td>PBS NewsHour</td>
<td>Thu.</td>
<td>Trouble with Maggie Cole</td>
<td>Thu.</td>
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<tr>
<td>1/28</td>
<td>Fri.</td>
<td>Cook’s Country</td>
<td>Fri.</td>
<td>PBS NewsHour</td>
<td>Fri.</td>
<td>Trouble with Maggie Cole</td>
<td>Fri.</td>
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<td>1/29</td>
<td>Sat.</td>
<td>Member Favorites</td>
<td>Sat.</td>
<td>PBS NewsHour</td>
<td>Sat.</td>
<td>Trouble with Maggie Cole</td>
<td>Sat.</td>
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<tr>
<td>1/31</td>
<td>Mon.</td>
<td>America's Test Kitchen From Cook's Illustrated</td>
<td>Mon.</td>
<td>PBS NewsHour</td>
<td>Mon.</td>
<td>Trouble with Maggie Cole</td>
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