

**CHANNEL 1970 SCHEDULE**  
**MAY 17 - MAY 23, 2020**

5/17-5/23	Morning	Afternoon	Evening
<b>Sunday 5/17</b>		2 pm - Movie: "Judy"	
<b>Monday 5/18</b>	10 am -"Hasfit" -Senior Chair Exercises	2 pm - Great Courses: "The World Was Never the Same", parts 1 and 2	<b>6:30 pm</b> - Documentary: Ken Burns, National Parks Episode 2, "The Last Refuge"
<b>Tuesday 5/19</b>	10 am -Yoga with Adrienne, followed by "Progressive Muscle Relaxation" for stress reduction	2 pm - Museum Masterpieces: The Louvre, parts 3 and 4	<b>6:30 pm</b> - Musical: "Les Miserables"
<b>Wednesday 5/20</b>	10 am -Senior exercise, followed by "A Walk in the Forest" for stress reduction	2 pm - Great Courses: "The World Was Never the Same", parts 3 and 4	7 pm - Berlin Philharmonic: Mozart and Bruckner, Emanuel Ax, pianist
<b>Thursday 5/21</b>	10 am - Mindful Chair Yoga	2 pm - Silent Movie Classic: Charlie Chaplin in "The Kid" (1921)	7 p.m. "The West Wing" Episode 7: "The State Dinner"
<b>Friday 5/22</b>	10 am - "Hasfit" - Senior Exercise, followed by "Ocean Escape" for stress reduction	2 pm - Great Courses: "The World Was Never the Same", parts 5 and 6	7 p.m. - Documentary: " Singing Revolution"
<b>Saturday 5/23</b>			7 pm - Movie: "The Imitation Game"