

Friday, May 8, 2020

To: All Residents
From: Connie Stuckert, President, DVRA
Re: Upcoming Channel 1970 Programs, etc.

I hope many of you were able to get outside yesterday to cheer on the fire engines honoring our heroic medical staff. There is no way we can thank them enough for putting their lives on the line every day to take care of us.

The DVRA Executive Committee met on Zoom this past Tuesday. We are making some interesting plans. I'll share all the news with you at our next DVRA monthly "meeting" on Channel 1970 this coming Tuesday. Don't miss it!

Much to see on 1970 this week. We continue to tinker with the morning exercise programs while keeping a balance between yoga and other forms of exercise. We've also added three short stress reduction videos recommended to us by Erin Price and the staff in Health and Wellness. The Great Courses offering on the Roman Empire concludes this week, and we're starting a series on Museum Masterpieces at the Louvre. If you like silent movies, you can indulge in that wonderful Buster Keaton classic, "The General", on Thursday afternoon. Sunday afternoon features a more recent classic, "Dancing with Wolves". In the evenings, we start the week with Ken Burns' National Parks. Evenings also feature the return of the Berlin Philharmonic and Simon Rattle, another episode of "The West Wing", and yet more beautiful gardens. There should be something for everyone to enjoy!

Finally, many thanks to those residents who have offered DVDs and program suggestions in response to my request. There will be some wonderful programming additions as a result. If you haven't (but can), please step up to the plate. We're going to be in this for a while, and more is better!

PLEASE TURN OVER TO SEE THE 1970 SCHEDULE FOR NEXT WEEK

CHANNEL 1970 SCHEDULE
MAY 10 - MAY 16, 2020

5/10-5/16	Morning	Afternoon	Evening
Sunday 5/10		2 pm - Movie: "Dancing with Wolves"	
Monday 5/11	10 am -"Hasfit" -Senior Chair Exercises, followed by "Ocean Escape" for stress reduction	2 pm - Great Courses: "The Roman Empire" parts 19 and 20	6:30 pm - Documentary: Ken Burns, National Parks Episode 1, "The Scripture of Nature"
Tuesday 5/12	10 am -Mindful chair yoga	2 pm - Museum Masterpieces: The Louvre, parts 1 and 2	7 pm - Residents Association "meeting" on channel 1970
Wednesday 5/13	10 am -advanced exercise with Bonnie, followed by "A Walk in the Forest" for stress reduction	2 pm - Great Courses: "The Roman Empire" parts 21 and 22	7 pm - Berlin Philharmonic: Berio and Bartok, Simon Rattle conducting
Thursday 5/14	10 am - yoga with Julie, followed by "Progressive Muscle Relaxation" for stress reducton	2 pm -Silent Comedy: "The General" (1926), starring Buster Keaton	7 p.m. "The West Wing" Episode 6: "Mr. Willis of Ohio"
Friday 5/15	10 am - "Hasfit" - Senior Chair Exercises	2 pm - Great Courses: "The Roman Empire" parts 23 and 24	7 pm - Gardens of the World: "Country Gardens" and "Public Gardens & Trees"
Saturday 5/16			7 pm - Movie: "Out of Africa"