

CHANNEL 1970

August 2 – August 8, 2020

8/2-8/8	Morning	Afternoon	Evening
Sunday 8/2		2 pm - Movie: "The Royal Tenenbaums" 2001 R / Comedy	
Monday 8/3	Exercise: Jo 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 Yoga♥ (♥Similar to one in Fitness Class before Covid)	2 pm – <i>John Adams</i> #2: "Independence", 1774-1776	7 pm - Documentary: Ken Burns, Baseball, Ep. 6: "The National Pastime"
Tuesday 8/4	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength♥ 11:15 Outdoor Chair Yoga*	2 pm – British comedy: "Keeping Up Appearances" #11 & 12	7 pm – Movie: "Gentlemen Prefer Blondes" 1953
Wednesday 8/5	Exercise: Pat 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Pilates♥ 11:15 Outdoor Chair Yoga*	2 pm – <i>John Adams</i> #3: "Don't Tread on Me", 1777-1781	7 pm – Kingston Chamber Music Festival Concert 3: Schubert Adds a Bass (And a Trout)
Thursday 8/6	Exercise: Marc 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength♥	2 pm - "Downton Abbey", #7	7 p.m. "The West Wing" Episode 18: "Six Meetings Before Lunch"
Friday 8/7	Exercise: Marc 9:00 Stationary Tai Chi 9:45 Modified Arthritis Foundation 10:30 Strength♥	2 pm – "Life: Primates", David Attenborough, #10	7 pm – Documentary: Rick Steves Travelogue "Venice & Its Lagoon" & "Florentine Delights & Tuscan Side Trips"
Saturday 8/8			7 pm - Movie: "Lion" 2016 G/Drama

*Outdoor Chair Yoga – Sign up Sheet due to limited seats; call the Fitness Center to sign up 610-359-4514.