

Friday, August 14, 2020

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

It's hard to believe it's already the middle of August, and Labor Day is in a scant three weeks. Our wonderful little newsletter, "While We're Waiting", has only one more issue before we welcome back "Inside Dunwoody". The next "Kathy and Connie Talk" was originally scheduled for Aug. 20, but has been moved to 4 pm on **Tuesday, Aug. 25** because of changes in Kathy's schedule. As always, send your questions to me (fuddlescat@verizon.net), but **no later than Saturday, Aug. 22**. There will also be a "Listening Post" on August 27. Email your questions between 9 and 5 that day to Ann Miller at millera518@comcast.net, or phone her between 9 and 10 am at 484-427-7061.

We have a special event on 1970 this week. At the recommendation of Erin Price, one of our social workers, we will be showing a program on COVID-19 at 2 pm Wednesday afternoon. "Coping with Covid" was put together specifically for people in Independent Living by Holistic Hospice. It features a panel of experts from that organization discussing ways to cope with the virus, social isolation, and grief relating to the current pandemic. This should be useful for all of us.

The rest of the week on 1970 continues much as usual. Cathy, Julie, Pat, Bonnie, and Jo handle the morning exercise assignments. In the afternoons, the last episode of "John Adams" will be shown on Monday; "Keeping Up Appearances" and "Downton Abbey" (now in its second season) continue; and a new series, "The Holy Land Revealed", starts on Friday. Movies this week include "The Lavender Hill Mob" on Sunday, the musical, "Cabaret" on Tuesday, and "Kramer vs. Kramer" on Saturday. "Baseball" and "The West Wing" continue, while we reach the final episode of "Alaska".

Stay cool, stay safe, and enjoy!

PLEASE TURN OVER TO SEE THE 1970 SCHEDULE FOR NEXT WEEK

CHANNEL 1970

August 16 – August 22, 2020

8/16-8/22	Morning	Afternoon	Evening
Sunday 8/16		2 pm - Movie: "The Lavender Hill Mob" 1951 PG Comedy / Crime	
Monday 8/17	Exercise: Cathy 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength ♥ (♥Similar to one in Fitness Class before Covid)	2 pm – <i>John Adams</i> #7: "Peacefield" 1803-1826	7 pm - Documentary: Ken Burns, Baseball, Inning 8: "A Whole New Ball Game"
Tuesday 8/18	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" #13 & 14	7 pm – Movie: "Cabaret" 1972. PG Drama / Musical
Wednesday 8/19	Exercise: Pat 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Pilates♥ 11:15 Outdoor Chair Yoga*	2 pm – Coping with Covid 19	7 pm – Kingston Chamber Music Festival Concert 5: Transfigured Night
Thursday 8/20	Exercise: Bonnie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength♥	2 pm – "Downton Abbey" Season 2, #2	7 p.m. "The West Wing" Episode 20: "Mandatory Minimums"
Friday 8/21	Exercise: Jo 9:00 Morning Stretch 9:45 Balance ♥ 10:30 Chair Yoga	2 pm – "The Holy Land Revealed" #1 & 2: The Land of Canaan; The Arrival of the Israelites	7 pm – Documentary: Alaska—Episode 5: "Alaska's Grizzlies"
Saturday 8/22			7 pm - Movie: "Kramer vs. Kramer" 1979. PG Drama

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