

CHANNEL 1970

March 21 – March 27 2021

| 3/21-3/27 | Morning | Afternoon | Evening |
|---------------------------|--|--|--|
| | | *All showings are at 2 pm, unless otherwise noted | |
| Sunday 3/21 | | Movie: "(500) Days of Summer" Zoey Deschanel, Michael H. Weber 2009 PG 95 min Comedy, Drama, Romance | |
| Monday 3/22 | Exercise: Cathi 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength ♥ (Similar to one in Fitness Class before Covid) | <i>The Celtic World: Celtic Music & Dance</i> | 7 PM Documentary – * "The Booksellers" |
| Tuesday 3/23 | Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength ♥ | <i>As Time Goes By, Series 3, Episode 2 & 3</i> | 7 pm – "Chef" John Favreau, Robert Downey, Scarlett Johansson 2014 R 114 min Adventure, Comedy, Drama |
| Wednesday 3/24 | Exercise: Bonnie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class ♥ | <i>The Celtic World: Celts Today (conclusion of series).</i> | 7 pm – Harrison Hollingsworth, bassoon, and Sohyun Ahn, piano Performing works by Schumann as well as more recent and contemporary composers |
| Thursday 3/25 | Exercise: Bonnie 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Pilates Class ♥ | <i>Downton Abbey, Series 5, Episode 1</i> | 7 pm – West Wing: Season 3, Disc 2: Episode 5. "On the Day Before", Episode 6: "War Crimes" |
| Friday 3/26 | Exercise: Jo Matey 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga | <i>How to Look at and Understand Great Art: From Realism to Impressionism; Postimpressionism</i> | 7 pm – Doc Martin: Series 3: Disc 2: Episode 7 "In Sickness and in Health" |
| Saturday 3/27 | | | 7 pm Movie – "Mud" Matthew McConaughey, Tye Sheridan, Jacob Lofland 2012 PG 130 min Drama |

* Blurb: D.W. Young's elegant and absorbing documentary is a lively tour of New York's book world, populated by an assortment of obsessives, intellectuals, eccentrics and dreamers, past and present: from the Park Avenue Armory's annual Antiquarian Book Fair, where original editions can fetch hundreds of thousands of dollars; to the Strand and Argosy bookstores, still standing against all odds; to the beautifully crammed apartments of collectors and buyers. Will be enjoyed by anyone who's ever happily spent hours wandering through bookstores (99 minutes).