

CHANNEL 1970

March 28 – April 3 2021

3/28-4/3	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 3/28		Movie: "Calendar Girls" Helen Mirren, Julie Walters, Penelope Wilton 2003 PG 108 min Comedy, Drama	
Monday 3/29	Exercise: Cathi 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength♥ (Similar to one in Fitness Class before Covid)	<i>Jewish Intellectual History: On Studying Jewish History; Defining Modern Jewish History & Thought</i> Followed by Sherry Video (16 min)	7 PM Documentary – * "Ronald Reagan: A Legacy Remembered"
Tuesday 3/30	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Strength♥	<i>As Time Goes By, Series 3, Episode 4 & 5</i>	7 pm – "Places in the Heart" Sally Fields, Lindsay Crouse, Ed Harris 1984 PG 111 min Drama
Wednesday 3/31	Exercise: Ida Ladner 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class♥	<i>Jewish Intellectual History: Cultural Transformation in the Jewish Ghetto; 17th Century Marranism & Messianism</i> Followed by Sherry Video (16 min)	7 pm – **Concerto in D major for Oboe and Small Orchestra
Thursday 4/1	Exercise: Bonnie 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 Pilates Class♥	<i>Downton Abbey, Series 5, Episode 2</i>	7 pm – West Wing: Season 3, Disc 2: Episode 7: "Gone Quiet", Episode 8: "The Indians in the Lobby"
Friday 4/2	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: Expressionism; Cubism</i>	7 pm – Rick Steves Travelogue: Barcelona and Catalunya & The Majesty of Madrid.
Saturday 4/3			7 pm Movie – "A Bridge Too Far" Sean Connery, Ryan O'Neil, Michael Caine 1977 PG 175 min Drama, History, War

* Blurb: The "Great Communicator"- the 40th U.S. President- is the subject of this documentary that draws on the insights of Reagan's political allies and adversaries, and the members of his family.

** Richard Strauss Oboe: Jonathan Kelly Six Metamorphoses after Ovid, op. 49:Pan by Benjamin Britten Christus am Olberge (Christ on the Mount of Olives) by Ludwig van Beethoven Soprano: Franz Xaver Huber, Iwona Sobotka Tenor: Benjamin Bruns, Baritone: David Soar Rundfunkchor Berlin, Chorus Master: Simon Halsey (Performance Date: 07 Mar 2020) Messiah: Hallelujah by George Handel (Performance Date: 31 Dec 2004) Conductor: Simon Rattle