

CHANNEL 1970 - April 25– May 1 2021

4/25-5/1	Morning	Afternoon	Evening
		<b>*All showings are at 2 pm, unless otherwise noted</b>	
<b>Sunday 4/25</b>		<b>2 PM Movie – “The Proposal”</b> Sandra Bullock, Ryan Reynolds, Mary Steenburgen 2009 PG 108 min Comedy, Drama, Romance	
<b>Monday 4/26</b>	Exercise: <b>Cathi Ford</b> 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength♥ (Similar to one in Fitness Class before Covid)	<i>Jewish Intellectual History: Zionism’s Answer to the Jewish Problem; Leo Baeck &amp; Martin Buber.</i>	7 PM Documentary – ** "Kiss the Ground"
<b>Tuesday 4/27</b>	Exercise: <b>Julie</b> 9:00 Morning Stretch 9:45 Personal Care 10:30 Pilates♥ 11:15 <b>Outdoor</b> Chair Yoga*	<i>As Time Goes By, Series 3, Episode 10; Series 4, Episode 1.</i>	7 pm – “The Birdcage” Robin Williams, Nathan Lane, Gene Hackman 1996 R 117 min Comedy
<b>Wednesday 4/28</b>	Exercise: <b>Pat</b> 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class♥ 11:15 <b>Outdoor</b> Chair Yoga*	<i>Jewish Intellectual History: Jewish Law; American Judaism</i>	7 pm – : 7 PM: Berlin Philharmonic Alan Gilbert, conductor Wenzel Fuchs, clarinet Ades Three Studies from Couperin Mozart Concerto for Clarinet and Orchestra in A major Debussy Images
<b>Thursday 4/29</b>	Exercise: <b>Bonnie</b> 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 Pilates Class♥ <b>Marc Shay</b> 11:15 <b>Outdoor</b> Tai Chi*	<i>Downton Abbey, Series 5, Episode 5</i>	7 pm – West Wing: Season 3, Disc 4: Episode 15: “Hartsfield’s Landing” Episode 16: “Dead Irish Writers”
<b>Friday 4/30</b>	Exercise: <b>Jo Matey</b> 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 <b>Indoor</b> Chair Yoga	<i>Tim Conway: Timeless Comedy</i>	7 pm – Doc Martin: Series 4: Disc 1: Episode 3 “Perish Together as Fools” 7:45 PM-Floral Studio video (10 mins)
<b>Saturday 5/1</b>			7 pm Movie – “Darkest Hour” Gary Oldman, Lily James, Kristin Scott Thomas 2017 PG 125 min Biography, Drama, History

\* Outdoor Chair Yoga - Please call the Fitness Center desk to sign up 610-359-4514

\*\* Blurb: This documentary narrated and featuring Woody Harrelson, is a groundbreaking film that reveals what it argues is the first viable solution to our climate crisis. By regenerating the world's soils, we can completely and rapidly stabilize the Earth's climate, restore lost ecosystems and create abundant food supplies. Is soil the missing piece of the climate puzzle? Tune in to see what this winner of 25 film awards says. (1 hr. 24 min.)