

CHANNEL 1970

May 16 – May 22 2021

5/16-5/22	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 5/16		2 PM Movie – “Soul” Jamie Foxx, Tina Fey, Graham Norton 2020 PG 100 min Animation, Adventure, Comedy	
Monday 5/17	Exercise: Julie 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class Marc Shay 11:15 Outdoor Tai Chi	<i>Jewish Intellectual History: Episode 23: Feminist Jewish Theology, Episode 24: Current Trends in Jewish Thought (Final Episodes)</i>	7 PM Documentary – ** "Autism: The Musical" 1 hr. 34 min
Tuesday 5/18	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Pilates ♥ 11:15 Outdoor Chair Yoga*	<i>As Time Goes By, Series 4, Episode 4: The Affair; episode 5: Welcome News.</i>	7:30 pm – <i>Kathy, Maureen & Connie Talk</i>
Wednesday 5/19	Exercise: Pat 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class ♥ 11:15 Outdoor Chair Yoga*	<i>Ancient Civilizations of N America, Episode 5: Late Archaic Innovations; Episode 6: Poverty point: North America’s First City</i>	7 pm – Berliner Philharmoniker Don Quixote, Symphonic Poem, op. 35 by Richard Strauss Viola: Amihai Grosz Cello: Ludwig Quandt Symphony No. 3 in E flat major, op. 55 Eroica by Ludwig van Beethoven Conductor: Zubin Mehta
Thursday 5/20	Exercise: Bonnie 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Pilates Class ♥	<i>Downton Abbey, Series 5, Episode 8.</i>	7 pm – West Wing: Season 3, Disc 5: Episode 21. We Killed Yamamoto Episode 22. Posse Comitatus
Friday 5/21	Exercise: Jo Matey 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga	<i>The Carol Burnett Show, Carol’s Favorites, Show #1007, with Guest Roddy McDowall.</i>	7 pm – Doc Martin: Series 4: Disc 1: Episode 4 “Driving Mr. McLynn”
Saturday 5/22			7 pm Movie – “Harriet” Cynthia Erivo, Janelle Monae, Leslie Odam Jr. 2019 PG 125 min Action, Biography, Drama

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

** Blurb: Filmed over a six-month period, Tricia Regan's Emmy-nominated documentary captures the transformation of five autistic children as they develop and rehearse "The Miracle Project," an original musical about autism. Supported by their families and led by educator and coach Elaine Hall (whose son is in the production), the kids slowly develop social skills as they learn to work with one another. For some, the metamorphosis is nothing short of amazing.