

CHANNEL 1970

May 30 – June 5, 2021

5/30-6/5	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 5/30		2 PM Movie – “Meet the Parents” Ben Stiller, Robert De Niro, Teri Polo, Blythe Danner 2000 PG 108 min Comedy, Romance	
Monday 5/31	Exercise: Jo Matey 9:00 Morning Stretch 9:45 Modified Arthritis Foundation 10:30 Strength Class 11:15 No Tai Chi (Memorial Day)	<i>Ancient Civilizations of N America, Episode 11: City of Cahokia; Episode 12: The Wider Mississippian World</i>	7 PM Documentary – ** "Secrets of Stonehenge" 1 hour.
Tuesday 6/1	Exercise: Julie 9:00 Morning Stretch 9:45 Personal Care 10:30 Pilates/Yoga♥ 11:15 Outdoor Chair Yoga*	<i>As Time Goes By, Series 4, Episode 10: Improvements; Series 7, Episode 1: Pardon?</i>	7:30 pm – “It’s Complicated” Meryl Streep, Steve Martin, Alex Baldwin. John Krasinski 2009 R 120 min Comedy, Drama, Romance
Wednesday 6/2	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 13: De Soto vs. the Mississippians; Episode 14: The Ancient Southwest.</i>	7 pm – *** WOMEN AT THE KEYBOARD (1st of 3)
Thursday 6/3	Exercise: Bonnie 9:00 Morning Stretch 9:45 Balance Class♥ 10:30 Pilates Class♥	<i>Downton Abbey, Series 6, Episode 1</i>	7 pm – West Wing: Season 4, Disc 1: Episode 3 “The Red Mass”, Disc 2: Episode 4 “Debate Camp”
Friday 6/4	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 #810, with Guest Maggie Smith</i>	7 pm – Rick Steves Travelogue South England: Dover to Lands' End & North Wales: Feisty and Poetic
Saturday 6/5			7 pm Movie – “ Cat on a Hot Tin Roof ” Elizabeth Taylor, Paul Newman, Burl Ives, Jack Carson 1958 PG 108 min Drama

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

** Erected some 5,000 years ago on England's Salisbury Plain, the great stone circle of Stonehenge continues to fascinate scientists and draw hordes of visitors to consider its origin and construction. This "Nova" episode continues that study. Recent investigations have added considerably to what is known about Stonehenge, but scholarly debate about the site's original purpose continues, as is detailed in this historical documentary.

*** A series celebrating the 100th anniversary of the 19th amendment giving women the right to vote in the United States. Sonya Ovrutsky Fensome performs “The Art of The Prelude”: works from Bach, Ravel, Shostakovich, Rachmaninoff and Gershwin