

CHANNEL 1970

January 2 – January 8, 2022

1/2-1/8	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 1/2			
Monday 1/3	Exercise: Bonnie 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class ♥		7:30 PM Documentary: Our Planet/Frozen Worlds—Full episode/Netflix -You Tube. On the unforgiving frontier of climate change, the icy homes of polar bears, walruses, seals and penguins are in peril.
Tuesday 1/4	Exercise: Julie 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class ♥ 11:15 Indoor Chair Yoga*	<i>The Agency: A History of the CIA, 11: Unquiet American: Edward Lansdale in Vietnam; 12: CIA Fronts & the Ramparts Expose</i>	7:30 PM - "My Octopus Teacher" Netflix Documentary 90 minutes. A filmmaker begins diving in a kelp forest off the coast of South Africa, and meets a female octopus who casts a spell on him.
Wednesday 1/5	Exercise: Bonnie 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Balance Class ♥ 10:30 Pilates Class 11:15 PC class in Woodlea		7:30 pm – Live performance of One Act Plays presented by the "Dunwoody Players"
Thursday 1/6	Exercise: Denise 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga 11:15 PC class Cedars East	<i>Are You Being Served, volume 5: The Father Christmas Affair; Episode 26: Mrs. Slocumbe Expects</i>	7:30 pm – West Wing: Season 6, Disc 3: Episode 11 "Opposition Research" Disc 4 Episode 12 "365 Days"
Friday 1/7	Exercise: Jo 9:00 Morning Stretch 9:45 Modified Arthritis Class 10:30 Strength Class ♥ 11:15 Indoor Chair Yoga*		7:30 pm – Doc Martin: Season 7, Disc 2, Episode 6 "Other People's Children"
Saturday 1/8	Exercise: Richard Mckenzie 10:50 Tai Chi - Activity Room 11:30 Tai Chi - Fitness Center		7:30 pm – " Shane " Allen Ladd, Jean Arthur, Van Heflin, Jack Palance 1992 PG 118 min Drama, Western

* Chair Yoga/Tai Chi - Please call the Lifeguard on duty to sign up 610-359-4456. Chair Yoga classes on Tuesdays and Fridays at 11:15, along with Tai Chi classes on Saturdays at 11:30 will now be held in the Fitness Center effective November 1st.