

CHANNEL 1970

December 26, 2021 – January 1, 2022

| 12/26-1/1                  | Morning  | Afternoon   | Evening   |
|----------------------------|--|---|---|
|                            |  | <b>*All showings are at 2 pm, unless otherwise noted</b>  |   |
| <b>Sunday<br/>12/26</b>    |  |   |   |
| <b>Monday<br/>12/27</b>    | Exercise: <b>Dee Skulski</b><br>9:00 Morning Stretch<br>9:45 Modified Arthritis Class<br>10:30 Strength Class♥<br><b>Pool is Closed, no class</b>          |   | 7:30 PM Documentary: Our Planet/One Planet—Full episode/Netflix -You Tube. Experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope.   |
| <b>Tuesday<br/>12/28</b>   | <b>No Classes</b>  | <i>The Agency: A History of the CIA, 11: Unquiet American: Edward Lansdale in Vietnam; 12: CIA Fronts &amp; the Ramparts Expose</i> | 7:30 PM - "A League of Their Own" Tom Hanks, Geena Davis, Lori Petty, Madonna, Rosie O'Donnell 1992 PG 128 min Comedy, Drama, Sport   |
| <b>Wednesday<br/>12/29</b> | Exercise: <b>Bonnie</b><br>9:00 Morning Stretch<br>9:00 Water Class at DV Pool<br>9:45 Balance Class ♥<br>10:30 Pilates Class<br>11:15 PC class in Woodlea |   | 7:30 pm – Berliner Philharmoniker Hansel and Gretel by Engelbert Humperdinck (abridged version in German with English subtitles) Mark Elder, Conductor Klaus Wallendorf, Presenter Children’s Choir of the Staatsoper Rundfunk Kinderchor of the Georg-Friedrich-Handel-Gymnasiums Berlin Various singers (Performance date: 2 December 2006) |
| <b>Thursday<br/>12/30</b>  | Exercise: <b>Denise</b><br>9:00 Morning Stretch<br>9:45 Balance Class ♥<br>10:30 Indoor Chair Yoga<br>11:15 PC class Cedars East                           | <i>Are You Being Served, Volume 5; 24: Fifty Years On; 25: Oh What a Tangled Web</i>  | 7:30 pm – West Wing: Season 6, Disc 3: Episode 9 “Impact Winter” Episode 10 “Faith Based Initiative”  |
| <b>Friday<br/>12/31</b>    | Exercise: <b>Jo</b><br>9:00 Morning Stretch<br>9:45 Modified Arthritis Class<br>10:30 Strength Class♥<br>11:15 <b>Indoor</b> Chair Yoga*                   |   | 7:30 pm – Doc Martin: Season 7, Disc 2, Episode 5 “Control-Alt-Delete”  |
| <b>Saturday<br/>1/1</b>    | Exercise: <b>Richard Mckenzie</b><br>10:50 Tai Chi - Activity Room<br>11:30 Tai Chi - Fitness Center   | <b>Happy New Year!</b>  |   |

\* 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.