

CHANNEL 1970

January 23 – January 29, 2022

1/23-1/29	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 1/23			
Monday 1/24	Exercise: Dee Skulski 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class♥	<i>The Agency: A History of the CIA, 17: Colby, Church, & Crisis of 1975; 18: Carter & Hostage Crisis</i>	7:30 PM Documentary: Our Planet, Attenborough; Episode 5 – “From Deserts to Grasslands” In this episode: Cameras follow desert elephants seeking sustenance, bison roaming North American grasslands and caterpillars living the good life underground.
Tuesday 1/25	Exercise: Julie 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class♥ 11:15 Indoor Chair Yoga*	<i>Current Affairs. United States Policy Issues Regarding Outer Space</i>	7:30 PM - “Encanto” (Voices) Stephanie Beatriz, Maria Cecilia Botero, John Leguizamo 2021 PG 102 min Animation, Comedy, Drama Ratings: 7.3/76 (IMDB) 91/93 (Rotten Tomatoes) Co-presented by the Dunwoody Administration/DVRA
Wednesday 1/26	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 – Berliner Philharmoniker **
Thursday 1/27	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? Goodbye, Mr. Grainger; It Pays to Advertise</i>	7:30 pm – West Wing: Season 6, Disc 5, 17. A Good Day; 18. La Palabra
Friday 1/28	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: Episode 8. The Doctor Is Out
Saturday 1/29	Exercise: Richard Mckenzie 10:50 Tai Chi - Activity Room 11:30 Tai Chi - Fitness Center		7:30 pm – “Gravity” Sandra Bullock, George Clooney, Ed Harris 2013 PG 91 min Drama, Sci-Fi, Thriller

* 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.

** Berliner Philharmoniker Giovanni Antonini and Piotr Anderszewski in works by Mozart and Haydn Symphony No. 101 in D major “The Clock” by Haydn Concerto for Piano and Orchestra No. 24 in C minor, K. 491 by Mozart Piotr Anderszewski: Piano Symphony No. 103 in E flat major “Drumroll” by Haydn Giovanni Antonini: Conductor (Performance Date: 24 Oct 2015)