

CHANNEL 1970

January 30 – February 5, 2022

| 1/30-2/5 | Morning | Afternoon | Evening |
|--------------------------|--|---|---|
| | | *All showings are at 2 pm, unless otherwise noted | |
| Sunday 1/30 | | | |
| Monday 1/31 | Exercise: Ida Ladner 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, 19: Regan & Iran-Contra; 20: Afghanistan, the Soviets, & the CIA</i> | 7:30 PM Documentary: Our Planet, Attenborough; Episode 6: The High Seas Venture into the deep, dark and desolate oceans that are home to an abundance of beautiful and downright strange creatures. |
| Tuesday 2/1 | Exercise: Julie 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class ♥ 11:15 Chair Yoga – Skilled Activity Room | 1:30 pm - <i>Current Affairs. United States Policy Issues Regarding Outer Space</i> | 7:30 PM - Tour the Phila. Museum of Art's blockbuster show, Jasper Johns: Mind/Mirror Exhibition, with Sal Caltabiano |
| Wednesday 2/2 | 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 – The Pete Smyser Trio performs favorites from the Great American Songbook. The trio's performances exude pure joy, romance & humor with a healthy dose of nostalgia. |
| Thursday 2/3 | 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? 35: By Appointment; 36: The Club</i> | 7:30 pm – West Wing: Season 6, Disc 5, 19: Ninety Miles Away; Disc 6, 20: In God We Trust |
| Friday 2/4 | Exercise: Jo 9:00 Morning Stretch 9:45 Modified Arthritis Class 10:30 Strength Class ♥ 11:15 Chair Yoga – Skilled Activity Room | | 7:30 pm – Pat Turner presents Rick Steves, The Best of the Swiss Alps & Great Swiss Cities |
| Saturday 2/5 | Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room | | 7:30 pm – Puzzle, Kelly Macdonald, Irfan Khan, David Denman, Bubba Weiler, 2018 103 min Rated R |

* 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 Skilled Activities Room in the Care Center.

** Fitness Center will be closed beginning Thursday, February 3. The temporary fitness area will open on Monday, February 7 and will be in apartment E-311. A maximum of 4 people will be allowed in the fitness center at any one time. Please sign up for times by calling the pool – 610-359-4456.