

CHANNEL 1970

January 9 – January 15, 2022

1/9-1/16	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 1/9			
Monday 1/10	Exercise: Dee Skulsky 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, Attenborough; Episode 3: Jungles
Tuesday 1/11	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, 13: Spies in Hollywood: Romance & Thriller; 14: Nixon, Kissinger, & the Coup in Chile</i>	7:30 PM - DVRA meeting
Wednesday 1/12	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 1/13	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; 27: A Change Is as Good as a Rest; volume; 28: Founder's Day</i>	7:30 pm – West Wing: Season 6, Disc 3: Episode 13: King Corn; 14: The Wake-Up Call
Friday 1/14	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 1/15	Exercise: Richard Mckenzie 10:50 Tai Chi - Activity Room 11:30 Tai Chi - Fitness Center		7:30 pm – Stand and Deliver: Edward James Olmos, Lou Diamond Phillips, Rosanna DeSoto 1988 PG 103 min Biography, Drama.

* 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.

** Baroque Concertos Concerto gross in B major, op. 3 no. 2, by Handel Concerto for Flautino, Strings and Basso continuo in C major by Vivaldi Concerto for Bassoon, Strings, and Basso continuo in E major by Vivaldi Brandenburg Concerto, no. 3 in G major by Bach Concerto for Harp, Strings, and Basso continuo in B flat major, op. 4, no. 6 by Handel "L'estro armonico": Concerto for 2 Violins, Strings, and Basso continuo in A major, op. 3, no. 8 by Vivaldi Concerto for Oboe, Violin, and Basso continuo in D major by Bach Performance Date: 27 Jun 2020)