

February 13 – February 19, 2022

2/13-2/19	Morning	Afternoon	Evening
		*All showings are at 2pm, unless otherwise noted	
Sunday 2/13			
Monday 2/14	Exercise: Ma Gohin 9:00Morning Stretch 9:30Water Class at DH Pool 9:45 Modified Aikido Class 10:30Strength Class	The Agency: A History of the CIA, 20 CIA Operations, Interrogations, Drones, 20 Balance Sheet, WFO & Lessons. (End of Series)	7:30 PM Documentary: Our Planet I Forces (In this episode I examine the fragile interdependencies that exist between forests with variety of residents, including bald eagles, hunting dogs and Siberian tigers)
Tuesday 2/15	Exercise: John 9:00Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30Yoga Class 11:05 Chair Yoga – Seated Activity	2:00pm - Current Affairs, Russia and the U. S.	7:30 PM - "My Garden of a Thousand Senses." A story of surprise and revelation. A wildlife cameraman spends his time during the coronavirus pandemic lockdown filming the bees in his urban garden in Bristol, England and discovers the many diverse species and personalities that exist in this insect family.
Wednesday 2/16	Exercise: Ma Gohin 9:00Morning Stretch 9:30 Water Class at DH Pool 9:45 Balance Class 10:30 Pilates Class 11:15 PC class in Woodlief		7:30pm - A concert celebrating the Chinese New Year, titled "Greet the Spring with Drumbeats."
Thursday 2/17	Exercise: Devin 9:00Morning Stretch 9:45 Balance Class 10:30 Indoor Chair Yoga 11:15 PC class in Collier East	Book Review - Norma Weather on The Doctor's Blackout (Residents welcome to attend in the auditorium)	7:30pm - West Wing: Season 3, Box 5, The Ticket; The Marney Problem
Friday 2/18	Exercise: Jo 9:00Morning Stretch 9:45 Modified Aikido Class 10:30Strength Class 11:05 Chair Yoga – Seated Activity		7:00pm - Doc Martin, Season 6, Chs 1, 2, Sam and Laura
Saturday 2/19	Exercise: Richard McIntyre 10:30 Tai Chi – Seated Activity Room 11:00 Tai Chi – Seated Activity Room		7:30pm - Film, "To the Heights," Anthony Ramos, Garry Shandling, Linda Emond, Melissa Barrera Broadway Musical

*Chair Yoga/Tai Chi - Please call the Manager on duty to sign up 616-355-4456. Chair Yoga classes on Tuesdays and Fridays at 11:15, along with Tai Chi classes on Saturdays at 11:00 will now be held in the Seated Activity Room in the Care Garden.