

CHANNEL 1970

February 27 – March 5, 2022

2/27-3/5	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 2/27			
Monday 2/28	Exercise: Ida 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class ♥	NEW SERIES <i>Robert Garland, The Other Side of History, 3. Living in Mesopotamia; 4. Being Egyptian</i>	7:30 PM Documentary: The Ascent of Money, Part 2: Bonds of War Niall Ferguson documents the rise of modern finance in Europe and its expansion into the Far East, including the ascendancy of the Rothschilds and bond markets, and the decline of Europe's landed aristocracy.
Tuesday 3/1	Exercise: Julie 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class ♥ 11:15 Chair Yoga – Skilled Activity	1:30 pm - Current Affairs. Quad Alliance	7:30 PM - Ballet's Greatest Hits. Featuring essential parts of five famous ballets: Swan Lake, The Nutcracker, Flames of Paris, Giselle, and Don Quixote. Superb commentary & dance clips.
Wednesday 3/2	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 Mainliners Barbershop Quartet, a special program with chorus and sing-along. Live program in the auditorium & on 1970.
Thursday 3/3	Exercise: Denise 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga 11:15 PC class Cedars East	1:30 - Town Meeting	7:30 pm – West Wing: Season 7, Disc 2: Here Today; The Al Smith Dinner
Friday 3/4	Exercise: Jo 9:00 Morning Stretch 9:45 Modified Arthritis Class 10:30 Strength Class ♥ 11:15 Chair Yoga – Skilled Activity		7:30 pm – Pat Turner presents Rick Steves, as he delights our senses with two outings in the City of Lights: Paris: Grand and Intimate and Paris: From Monet to Creme Brulee
Saturday 3/5	Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room		7:30 pm Film – West Side Story. Ansel Elgort, Rachel Zegler, Ariana, DeBose, David Alvarez 2021 PG 156 min

* 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.

** The temporary fitness area is in the conference room next to Health and Wellness. 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. Hours are 7:00 am – 7:00 pm.