

CHANNEL 1970

February 6 – February 12, 2022

2/6-2/12	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 2/6			
Monday 2/7	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, 21: Intelligence Failure: The Road to 9/11; 22: CIA in Afghanistan & Iraq</i>	7:30 PM Documentary: Our Planet, Episode 7 – “Fresh Water” In this episode: The need for fresh water is as strong as ever. However, the supply is becoming increasingly unpredictable for all manner of species.
Tuesday 2/8	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 - <i>Climate Change</i>	7:30 PM - DVRA Meeting
Wednesday 2/9	Exercise: Ida Ladner 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 Hansel and Gretel by Engelbert Humperdinck (abridged version in German with English subtitles) Mark Elder, Conductor Klaus Wallendorf, Presenter Children’s Choir of the Staatsoper Rundfunk Kinderchor of the Georg-Friedrich-Handel-Gymnasiums Berlin Various singers (Performance date: 2 December 2006)
Thursday 2/10	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? 37: Do You Take This Man? ; 38: Shedding the Load</i>	7:30 pm – West Wing: Season 6, Disc 6, 21: Things Fall Apart; 22: 2162 Votes
Friday 2/11	Exercise: Jo 9:00 Morning Stretch 9:45 Modified Arthritis Class 10:30 Strength Class ♥ 11:15 Chair Yoga – Skilled Activity		7:30 pm – Doc Martin, Season 8, Disc 1, 1: Mysterious Ways
Saturday 2/12	Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room		7:30 pm – Film “The Illusionist” Edward Norton, Jessica Biel, Paul Giamatti, Rufus Sewell 2006 110 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.

** 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.