

CHANNEL 1970

March 13 – March 19, 2022

3/13-3/19	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 3/13			
Monday 3/14	Exercise: Dee 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class ♥	Robert Garland, <i>The Other Side of History</i> , 5. Belonging to an Egyptian Family; 6: Practicing Egyptian Religion	7:30 PM – <i>The Ascent of Money</i> , Part 4: Planet Finance Niall Ferguson chronicles the spread of good -- and bad -- financial practices across the globe, and the consequences for all of us.
Tuesday 3/15	Exercise: Bonnie 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class ♥ 11:30 Chair Yoga – Skilled Activity	1:30 PM – Current Affairs. INDUSTRIAL POLICY	7:30 pm – Special Lecture “Japonisme: The Western Craze for Japanese Art and Design” by Ruby Ming (Pen-Ming Ming’s daughter) ** 5-minute presentation about a trip to the Philadelphia Art Museum
Wednesday 3/16	Exercise: Ida 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 – BERLIN PHILHARMONIC Dugan Sokhiev, conductor Rimsky-Korsakov The Tsar’s Bride: Overture Rachmaninoff Concerto for Piano and Orchestra No.1 in F sharp minor, op. 1 Nikolai Lugansky, piano Chausson Symphony in B flat major, op. 20
Thursday 3/17	Exercise: Denise 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga 11:15 PC class Cedars East	Book Review. Judy & Roger VanAllen on <i>Apeirogon</i>	7:30 pm – West Wing: Season 7, <i>The Wedding; Running Mates</i>
Friday 3/18	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 2: <i>From the Mouths of Babies</i>
Saturday 3/19	Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room		7:30 pm Film – “Cruella” Emma Stone, Emma Thompson, Joel Fry, Paul Walter Hauser 2021 *Repeat presentation about Art Museum

* 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.