

March 20 – March 26, 2022

3/20-3/26	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 3/20			
Monday 3/21	Exercise: Dee 9:00 Morning Stretch 9:30 Water Class at Del Pad 9:45 Modified Aerials Class 10:30 Strength Class **	Robert Garland, The Other Side of History, 7. Being a Dead Egyptian & Being an Egyptian Worker	7:30 PM – Gates of China by Werner Lohmann
Tuesday 3/22	Exercise: Brenda 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class** 11:30 Chair Yoga – Seated Activity	1:30 PM – Current Affairs Biden Agenda	7:30 pm – Tai Exhibition presents the Philadelphia Museum of Art collection of 19th Century European Art
Wednesday 3/23	Exercise: Dee 9:00 Morning Stretch 9:30 Water Class at Del Pad 9:45 Aerials Class ** 10:30 Pilates Class 11:15 PC class in Woodlot		7:30 pm – Berlin Philharmonic European Concert from Edison Piano Recital, conductor Daniel Barenboim Le Violoncelle de Concert Mozart Concerto for Piano and Orchestra No. 20 in D minor K. 468 Maria Ines Pires, piano Berlin Concerto for Orchestra, So 188 Erling MacLennan, Violon
Thursday 3/24	Exercise: Denise 9:00 Morning Stretch 9:45 Balance Class ** 10:30 Indoor Chair Yoga 11:15 PC class in Woodlot	Are You Being Served? 9:41 The Apartment, 9:42 Mrs. Gower, Senior Person	7:30 pm – Best Wing, Season 7 Internal Displacement, Duck and Cover
Friday 3/25	Exercise: Dee 9:00 Morning Stretch 9:45 Modified Aerials Class 10:30 Strength Class ** 11:15 Chair Yoga – Seated Activity		7:30 pm – Doc Martin, Season 6, Disc 2 Accidental Hero
Saturday 3/26	Exercise: Michael McManis 10:30 Tai Chi – Seated Activity Room 11:30 Tai Chi – Seated Activity Room		7:30 pm Film – “The King and I” Jul Brynner, Deborah Kerr, Rita Moreno, Martin Benson 1956 PG 120 min

* Chair Yoga/Tai Chi – Please call the Lifeguard on duty to sign up 610-558-4456. Chair Yoga classes on Tuesdays and Fridays at 11:30, along with Tai Chi classes on Saturdays at 11:30 will now be held in the Seated Activity Room in the Core 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 – 610-558-4456. Hours are 7:00 pm – 7:00 pm.