

CHANNEL 1970

March 27 – April 2, 2022

3/27-4/2	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 3/27			
Monday 3/28	Exercise: Ida 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class ♥		7:30 PM Documentary – <i>The Story of Women and Art</i>
Tuesday 3/29	Exercise: Ida 9:00 Morning Stretch 9:45 Easy and Gentle Tai Chi 10:30 Yoga Class ♥ 11:30 Chair Yoga – Skilled Activity	Robert Garland, The Other Side of History, 9. Being Minoan & Mycenaean; 10. Being Greek	<i>No Programming</i>
Wednesday 3/30	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 – *** Berlin Philharmonic
Thursday 3/31	Exercise: Denise 9:00 Morning Stretch 9:45 Balance Class ♥ 10:30 Indoor Chair Yoga 11:15 PC class Cedars East	Are You Being Served? 9:41 The Apartment; 9:42 Mrs. Slocombe, Senior Person	7:30 pm – West Wing: Season 7: Internal Displacement; Duck and Cover
Friday 4/1	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>Accidental Hero</i>
Saturday 4/2	Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room	1:30 Saturday Matinee Comedy Laurel and Hardy Short Movies. Stan Laurel, Oliver N. Hardy. 1930s PG	7:30 pm Film – <i>Saving Mr. Banks.</i> Emma Thompson, Tom Hanks. Annie Rose Buckley, Colon Farrell 2013 PG 125 min. Biography, Comedy, Drama

* 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.

*** BP Program: 21 Oct. 2017 Yannick Nezet-Seguin, conductor Gijs Leenaars, chorus master C.P.E. Bach Heilig: Cantata for Solo Contralto, Choirs, and Orchestra, Wq 217 no Markus Werbe, baritone Rundfunkchor Berlin Wiebke Lehmkuhl, contralto Rundfunkchor Berlin Brahms Ein Deutsches Requiem, op. 45 Hanna-Elisabeth Müller, sopra