

CHANNEL 1970

March 6 – March 12, 2022

| 3/6-3/12 | Morning | Afternoon | Evening |
|--------------------------|--|---|---|
| | | *All showings are at 2 pm, unless otherwise noted | |
| Sunday 3/6 | | | |
| Monday 3/7 | Exercise: Dee 9:00 Morning Stretch 9:00 Water Class at DV Pool 9:45 Modified Arthritis Class 10:30 Strength Class ♥ | <i>A Glimpse of Chinese Art and Artifacts by Chik-Kwun Tang (Live Audience at capacity)</i> | 7:30 PM Documentary: The Ascent of Money, Part 3: Risky Business The roots of the insurance industry in Europe; disasters like Hurricane Katrina expose problems in risk management; the history of hedge funds. |
| Tuesday 3/8 | 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. Drug Policy in Latin America | 7:30 PM – DVRA Meeting |
| Wednesday 3/9 | 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 – BP Program: 1 May 2010 Europakonzert from Oxford Daniel Barenboim, conductor Wagner Prelude to Act 3 of Die Meistersinger Elgar Concerto for Cello and Orchestra in E minor, op. 85 Alisa Weilerstein, cello Brahms Symphony No. 1 in C minor, op. 68 |
| Thursday 3/10 | 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? 7: 41. The Junior; 42. Strong Stuff, This Insurance | 7:30 pm – West Wing: Season 7, The Debate (West Coast); Undecided |
| Friday 3/11 | 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, 4: Faith |
| Saturday 3/12 | Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room | | 7:30 pm Film – Up. Edward Asner(voice), Jordan Nagai (voice), Christopher Plummer (voice) 2009 PG 96 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.