

CHANNEL 1970

April 3 – April 9, 2022

4/3-4/9	Morning	Afternoon	Evening
		*All showings are at 2 pm, unless otherwise noted	
Sunday 4/3			
Monday 4/4	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 --Part 2</i>
Tuesday 4/5	Exercise: Julie or Bonnie 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, 11. Growing Up Greek; 12: Being a Greek Slave	<i>No Programming</i>
Wednesday 4/6	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 4/7	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? 10. The Agent; The Punch & Judy affair	7:30 pm – Turner Lecture “If These Walls Could Talk: Community Muralism and the Beauty of Justice.” Sign up on bulletin board.
Friday 4/8	Exercise: Jo 9:00 Morning Stretch 9:45 Modified Arthritis Class 10:30 Strength Class♥ 11:15 Chair Yoga – Skilled Activity		7:30 pm – 7:30 pm – Doc Martin, Season 8, Disc 2: <i>Accidental Hero</i>
Saturday 4/9	Exercise: Richard Mckenzie 10:50 Tai Chi – Skilled Activity Room 11:30 Tai Chi – Skilled Activity Room		7:30 pm Film – “ <i>Another Round</i> ” Mads Mickelson, Thomas Bo Larsen 2020 PG 117 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.

*** Brass Ensemble of the Berliner Philharmoniker and Organ Music by various composers Organ: Sebastian Heindl