

# Channel 970 Program Guide

**April 2021**

<b>Sunday 4/18</b>	<b>Monday 4/19</b>	<b>Tuesday 4/20</b>	<b>Wednesday 4/21 Queen Elizabeth's Birthday</b>	<b>Thursday 4/22</b>	<b>Friday 4/23 Earth Day</b>	<b>Saturday 4/24</b>
<b>8:00 A.M.</b> Tabata Interval Training <b>9:00</b> The Holy Rosary – Sorrowful Mysteries <b>10:00</b> 20-Minute HASfit Workout <b>11:15</b> Live Stream Mass from the National Cathedral <b>3:00 P.M.</b> Seated Strength Training <b>6:00</b> Church of the Nativity Mass – Rebroadcast <b>7:30</b> Van Gogh Paintings with Classical Music	<b>8:00 A.M.</b> Mat Works Floor Exercises <b>9:00</b> Cornell Live Bird Cam <b>10:00</b> 30-Minute HASfit Workout <b>11:00</b> Nat Geo: City of the Future - Singapore <b>12:00 P.M.</b> Sit and Be Fit with Erica <b>3:00</b> Yoga with Mary <b>7:30</b> Movie: A Few Good Men	<b>8:00 A.M.</b> Barefoot Balance <b>9:00</b> Tabata Interval Training <b>10:00</b> 25-Minute Chair Exercise <b>11:00</b> Frick Museum: Rosalba Carriera's Portraits <b>12:00 P.M.</b> Seated Exercise with Kayla <b>3:00</b> Strength & Endurance <b>7:30</b> Frontline: Opioids, Inc.	<b>8:00 A.M.</b> Zumba Gold <b>9:00</b> Daily Catholic Mass <b>10:00</b> 30-Minute HASfit Workout <b>11:00</b> Biography of Her Majesty the Queen <b>12:00 P.M.</b> Sit and Be Fit with Erica <b>3:00</b> Seated Strength Training <b>7:30</b> GC: The History of Spain	<b>8:00 A.M.</b> Barefoot Balance <b>9:00</b> Tabata Interval Training <b>10:00</b> 25-Minute Chair Exercise <b>11:00</b> Rick Steves: London – Historic & Dynamic <b>12:00 P.M.</b> Seated Exercise with Kayla <b>3:00</b> Strength & Endurance <b>7:30</b> Yale U: Power and Politics Today (#5)	<b>8:00 A.M.</b> Mat Works Floor Exercises <b>9:00</b> Earth Day – History and Facts <b>10:00</b> 30-Minute HASfit Workout <b>11:00</b> Nature: Madagascar <b>12:00 P.M.</b> Sit and Be Fit with Erica <b>3:00</b> Yoga with Mary <b>7:30</b> Stravinsky The Rite of Spring: London Orch.	<b>8:00 A.M.</b> Barefoot Balance <b>9:00</b> Hike Through Redwood National Park <b>10:00</b> 20-Minute HASfit Workout <b>11:00</b> BBC War & Peace - Episode One <b>12:00 P.M.</b> 15-Minute Guided Meditation <b>3:00</b> Zumba Gold <b>7:30</b> Globe Theatre: Much Ado About Nothing

Activity calendar for April 18 – May 1 on the reverse side of page

# APRIL - MAY 2021



## Location Abbreviations

AG-Art Gallery	CR-Conference Room	LIB-Library
ALA-AL Activity Room	DR-Chesapeake Dining Room	LOB-Lobby
ALC-AL Common	EX-Exchange Store	MR-Movie "Theater" Room
ALFC-AL Fountain Courtyard	FC-Fountain Courtyard	PG-Putting Green
AUD-Auditorium	FS-Fitness Studio	RO-Rotunda
BAR-Bar	GC-Gazebo Courtyard	RAR-Resident Activities Room
BR-Billiards "Game" Room	GES-Group Exercise Studio	RHS-Residential Health Service
BS-Beauty Salon	GR-Greenwood Room	SR-Seminar Room
CC-Croquet Court	HWR-Homewood Room	TR-Terrace Room
CG-Chestnut Green	HR-Hopkins Room	TS-Therapy Suite
CH-Carriage House		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> MENU 1	<b>19</b> MENU 2 9:00 Body Blast #1/GES <b>9:30 Graul's/LOB</b> 9:50 Body Blast #2/GES <b>10:30 Eddie's/LOB</b> 10:30 IM - "...Struggle Against Slavery"/AUD 10:45 Balance/GES 11:30 Chair Exercise/GES 1:30 Cookies & Conversation/RO 2:00 IM-"Year...1215"/MR	<b>20</b> MENU 3 9:00 Mat Works/GES 10:00 Yoga/GES 10:00 Water Aerobics/Pool 10:00 IM- "Year That Changed History 2015"/MR 11:00 IM - "Understand Imperial China"/AUD 11:00 Stand DrumFit/GES 11:00 & 2:00 Movie/MR "A Few Good Men" 1:30 Billiards/BR 3:30 Stitch & Chat/HR	<b>21</b> MENU 4 8:00 Mindful Yoga/GES 9:00 Body Blast #1/GES 9:50 Body Blast #2/GES 10:45 Tabata Training/GES 11 & 2:00 One Day U: "Four Memorable Musicals Changed Broadway"/MR 11:30 Seated DrumFit/GES	<b>22</b> MENU 5 9:00 Mat Works/GES 10:00 Yoga/GES 10:00 Water Aerobics/Pool 10:30 IM - "Daily Life in an Ancient World"/AUD 11:00 Stand DrumFit/ GES 11:00 Movie/MR "Six Dances in Six Weeks" <b>1:00 Apple Academy/SR</b> 1:30 Billiards/BR <b>2:00 Earth Day Bird Walk/LOB</b> 3:00 Literature Group/HR	<b>23</b> MENU 6 9:00 Body Blast #1/GES <b>9:30 Graul's/LOB</b> 9:50 Body Blast #2/GES <b>10:30 Giant Food/LOB</b> 10:45 Balance/GES 11:00 & 2:00 IM - "The Rise of Rome"/AUD 11:30 Chair Exercise/GES <b>1:00-4 Errands Around Town North/LOB</b> 2:30 Wii Bowling/SR	<b>24</b> MENU 7 9:30 Rummikub/ locations CH or RO 7:30 BINGO/AUD
<b>25</b> MENU 8	<b>26</b> MENU 9 9:00 Body Blast #1/GES <b>9:30 Graul's/LOB</b> 9:50 Body Blast #2/GES 10:30 IM - "... Struggle Against Slavery"/AUD <b>10:30 Trader Joe's/LOB</b> 10:45 Balance/GES 11:30 Chair Exercise/GES 1:30 Cookies & Conversation/RO 2:00 IM- Year...1215"/MR	<b>27</b> MENU 10 9:00 Mat Works/GES 10:00 Yoga/GES 10:00 Water Aerobics/Pool 10:00 IM- "Year That Changed History 2015"/MR 11:00 IM - "Understand Imperial China"/AUD 11:00 Stand DrumFit/GES 11:00 & 2:00 Movie/MR "The Red Violin" 1:30 Billiards/BR 3:30 Stitch & Chat/HR	<b>28</b> MENU 11 8:00 Mindful Yoga/GES 9:00 Body Blast #1/GES 9:50 Body Blast #2/GES 10:45 Tabata Training/GES 11 & 2:00 One Day U: "Beethoven's Ninth: Story Behind a Masterpiece"/MR <b>11:30 Mindful Meditation with Kaitlyn/GES</b> <b>2:30 CC: "Earth's Changing Climate"/AUD</b>	<b>29</b> MENU 12 9:00 Mat Works/GES 10:00 Yoga/GES 10:00 Water Aerobics/Pool 10:30 IM - "Daily Life in an Ancient World"/AUD 11:00 Stand DrumFit/ GES 11:00 Movie/MR "The Terminal" <b>1:00 Apple Academy/SR</b> 1:30 Billiards/BR	<b>30</b> MENU 13 9:00 Body Blast #1/GES <b>9:30 Graul's/LOB</b> 9:50 Body Blast #2/GES <b>10:30 Giant Food/LOB</b> 10:45 Balance/GES 11 & 2:00 IM - "The Rise of Rome"/AUD 11:30 Chair Exercise/GES <b>1:00-4 Errands Around Towson/LOB</b> 2:30 Wii Bowling/SR <b>2:30 Arbor Day: Walk &amp; Tree Planting/RO</b>	<b>1</b> MENU 14 9:30 Rummikub/ locations CH or RO 7:30 BINGO/AUD

