




JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>KEY</p> <p>Religious Services Live Streams</p> <p>Fitness Live Streams</p> <p>AMANDA LIVE! Q&A</p> <p>Wellness Events</p> <p>Movie Matinee and TV Entertainment</p>	<p>JULY 4th, 8pm, on NBC WSAV - Ch. 432 (HD) or Ch. 2</p> <p>Don't miss the special presentation of NYC's famous fireworks show!</p> 		<p>9:30am: Chair Only Sit and Stretch 1</p> <p>10:30am: Stretch and Strength</p> <p>1pm: AMANDA LIVE! Q&A</p> <p>2pm: <i>Waiting for God</i> - (S1 E1)</p> <p>3pm: Sports Fan Movie Matinee: <i>Legend of Bagger Vance</i> (starring Will Smith, Matt Damon)</p> <p>5:15pm: Wednesday Wind Down Concert - <i>James Taylor</i></p>	<p>9:30am: Chair Only Sit and Stretch 2</p> <p>10:30am: Stretch and Strength</p> <p>12:30pm: NAME THAT TUNE!</p> <p>2pm: Chair Yoga</p> <p>3pm: Preview to Golden Age of Greece Presents: 4 short films</p> <p>(1) <i>Ancient Greece in 18 min</i>, (2) <i>Introduction to Hellas</i>, (3) <i>Greeks: Mind-Body Legacy</i>, (4) <i>The Iliad - What is it Really About?</i></p>	<p>10:30am: Stretch and Strength 3</p> <p>1pm: Replay of Ask Amanda LIVE!</p> <p>5pm: HAMILTON (From Broadway)</p> 	<p>HAPPY 4th of July INDEPENDENCE DAY</p> <p>8pm: NYC Fireworks show on NBC (Ch. 432)</p>
<p>9:00am: Catholic Mass 5</p> <p>10:00am: Skidaway Island United Methodist Church Service</p> <p>11:30am: Skidaway Island Presbyterian Church Service</p> <p>2pm: Stretch & Strength</p> <p>3pm: REPLAY OF BROADWAY'S HAMILTON, Just in case you missed it!</p> 	<p>9:30am: Chair Only Sit and Stretch 6</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Monday Meditation</p> <p>3pm: Monday Musical: <i>The Band Wagon</i> (starring Fred Astaire)</p>	<p>9:30am: Chair Only Sit and Stretch 7</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Breath & Balance</p> <p>3pm: Movie Matinee: <i>Hope Floats</i> (starring Sandra Bullock, Harry Connick, Jr.)</p>	<p>9:30am: Chair Only Sit and Stretch 8</p> <p>10:30am: Stretch and Strength</p> <p>2pm: <i>Waiting for God</i> - (S1 E2)</p> <p>3pm: Sports Fan Movie Matinee: <i>Rudy</i> (starring Sean Astin)</p> <p>5pm: Wednesday Wind Down Concert - <i>Rod Stewart</i></p>	<p>9:30am: Chair Only Sit and Stretch 9</p> <p>10:30am: Stretch and Strength</p> <p>12:30pm: TRIVIA CHALLENGE!</p> <p>2pm: Chair Yoga</p> <p>3pm: Preview to Golden Age of Greece Presents: TROY (Part 1 - 90min) starring Brad Pitt</p>	<p>9:30am: Chair Only Sit and Stretch 10</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Breath & Balance</p> <p>3pm: All Star Orchestra Presents: Johannes Brahms: <i>Academic Festival Overture</i></p> <p>Robert Schumann: <i>Symphony No. 3 "Rhenish"</i></p>	<p>10:00am: Chair Yoga 11</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance</p> <p>3pm: Ken Burns Documentary Presents - <i>American Lives, Not For Ourselves Alone: Frank Lloyd Wright</i> (Part 2)</p>
<p>9:00am: Catholic Mass 12</p> <p>10:00am: Skidaway Island United Methodist Church Service</p> <p>11:30am: Skidaway Island Presbyterian Church Service</p> <p>2pm: Stretch & Strength</p> <p>3pm: Movie Matinee: Movie Classics Presents - <i>Lawrence of Arabia</i> (starring Peter O'Toole - 3h 47m)</p>	<p>9:30am: Chair Only Sit and Stretch 13</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Monday Meditation</p> <p>3pm: Caregiver Fellowship meeting (Call Lauren 598-3617 for details)</p> <p>3pm: Monday Musical: <i>Guys and Dolls</i> (starring Marlon Brando and Frank Sinatra)</p>	<p>9:30am: Chair Only Sit and Stretch 14</p> <p>10:30am: Stretch and Strength</p> <p>1pm: Wellness Speaker Presentation, Dr. Negrea</p> <p>3pm: Movie Matinee: <i>Fried Green Tomatoes</i> (starring Kathy Bates, Mary-Louise Parker, Mary Stuart Masterson)</p>	<p>9:30am: Chair Only Sit and Stretch 15</p> <p>10:30am: Stretch and Strength</p> <p>1pm: AMANDA LIVE! Q&A</p> <p>2pm: <i>Waiting for God</i> - (S1 E3)</p> <p>3pm: Sports Fan Movie Matinee: <i>The Natural</i> (starring Robert Redford)</p> <p>5:30pm: Wednesday Wind Down Concert - <i>Dean Martin</i></p>	<p>9:30am: Chair Only Sit and Stretch 16</p> <p>10:30am: Stretch and Strength</p> <p>12:30pm: NAME THAT TUNE!</p> <p>2pm: Chair Yoga</p> <p>3pm: Preview to Golden Age of Greece Presents: TROY (Part 2 - 90min) starring Brad Pitt</p>	<p>9:30am: Chair Only Sit and Stretch 17</p> <p>10:30am: Stretch and Strength</p> <p>1pm: Replay of Ask Amanda LIVE!</p> <p>2pm: Breath & Balance</p> <p>3pm: All Star Orchestra Presents: Richard Danielpour: <i>Piano Concerto #4, "A Hero's Journey" 3rd Movement</i></p> <p>Xiayin Wang, piano Samuel Jones: <i>Concerto for Violoncello</i></p>	<p>10:00am: Chair Yoga 18</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance</p> <p>3pm: Ken Burns Documentary Presents - <i>American Lives, Not For Ourselves Alone: Mark Twain</i> (Part 1)</p>
<p>9:00am: Catholic Mass 19</p> <p>10:00am: Skidaway Island United Methodist Church Service</p> <p>11:30am: Skidaway Island Presbyterian Church Service</p> <p>2pm: Stretch & Strength</p> <p>3pm: Movie Matinee: Movie Classics Presents - <i>Bringing Up Baby</i> (starring Katherine Hepburn and Cary Grant)</p>	<p>9:30am: Chair Only Sit and Stretch 20</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Monday Meditation</p> <p>3pm: Monday Musical: <i>Seven Brides for Seven Brothers</i> (starring Howard Keel and Jane Powell)</p>	<p>9:30am: Chair Only Sit and Stretch 21</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Breath & Balance</p> <p>3pm: Movie Matinee: <i>Steel Magnolias</i> (starring Dolly Parton, Julia Roberts, Sally Field, Shirley MacLaine)</p>	<p>9:30am: Chair Only Sit and Stretch 22</p> <p>10:30am: Stretch and Strength</p> <p>2pm: <i>Waiting for God</i> - (S1 E4)</p> <p>3pm: Sports Fan Movie Matinee: <i>Moneyball</i> (starring Brad Pitt)</p> <p>5:15pm: Wednesday Wind Down Concert - <i>From Jazz at Lincoln Center: Celebrating Ella Fitzgerald</i></p>	<p>9:30am: Chair Only Sit and Stretch 23</p> <p>10:30am: Stretch and Strength</p> <p>12:30pm: BINGO LIVE! with Erin</p> <p>2pm: Chair Yoga</p> <p>3pm: Preview to Golden Age of Greece Presents: <i>Gods & Goddesses</i></p>	<p>9:30am: Chair Only Sit and Stretch 24</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Breath & Balance</p> <p>3pm: All Star Orchestra Presents: Piotr Ilyich Tchaikovsky - <i>Symphony No. 4</i></p> <p>David Stock: <i>Blast!</i></p>	<p>10:00am: Chair Yoga 25</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance</p> <p>3pm: Ken Burns Documentary Presents - <i>American Lives, Not For Ourselves Alone: Mark Twain</i> (Part 2)</p>
<p>9:00am: Catholic Mass 26</p> <p>10:00am: Skidaway Island United Methodist Church Service</p> <p>11:30am: Skidaway Island Presbyterian Church Service</p> <p>2pm: Stretch & Strength</p> <p>3pm: Movie Matinee: Movie Classics Presents - <i>Ben Hur</i> (starring Charlton Heston - 3h 42m)</p>	<p>9:30am: Chair Only Sit and Stretch 27</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Monday Meditation</p> <p>3pm: Monday Musical: <i>State Fair</i> (starring Henry Morgan and Faye Bainer)</p>	<p>9:30am: Chair Only Sit and Stretch 28</p> <p>10:30am: Stretch and Strength</p> <p>2pm: Breath & Balance</p> <p>3pm: Movie Matinee: <i>Little Women</i> (2019 remake - starring Emma Watson, Meryl Streep, Florence Pugh)</p>	<p>9:30am: Chair Only Sit and Stretch 29</p> <p>10:30am: Stretch and Strength</p> <p>1pm: AMANDA LIVE! Q&A</p> <p>2pm: <i>Waiting for God</i> - (S1 E5)</p> <p>3pm: Sports Fan Movie Matinee: <i>A League of Their Own</i> (starring Gina Davis, Tom Hanks)</p> <p>5:15pm: Wednesday Wind Down Concert - <i>Jazz at Lincoln Center Orchestra with Wynton Marsalis</i></p>	<p>9:30am: Chair Only Sit and Stretch 30</p> <p>10:30am: Stretch and Strength</p> <p>12:30pm: TRIVIA CHALLENGE!</p> <p>2pm: Chair Yoga</p> <p>3pm: Preview to Golden Age of Greece Presents: <i>Oedipus Rex</i> (Directed by Pasolini)</p>		



Wellness Speaker Presentation

DR. CRISTINA M. NEGREA

July 14th, 1pm
Ch. 95

Answering questions submitted by our residents.



Wednesdays at 2pm

Don't miss this hilarious British weekly comedy (30min episodes) about a pair of rebel seniors determined to get the most of their lives before meeting their maker.

Introducing...

"NAME THAT TUNE!" & "TRIVIA CHALLENGE!"

Thursdays @ 12:30pm on Ch. 95

Answer sheets will be placed in your resident tubes. Simply tune in, fill out as many answers as you can, and turn your sheets back in to the CLS office. The top 10 high scorers will be listed on Ch. 95 and receive a prize! Correct answers will also be posted after the game for you to check in on how you did!

Celebrating **15** Years

the Marshes

OF SKIDAWAY ISLAND

SAVANNAH CHARM, ISLAND STYLE.



NOISE-CANCELLING HEADPHONES

IT'S LIKE THIS EVERY JULY 3RD

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