

# MW | VIRTUAL PROGRAMMING

WEEKLY SCHEDULE • MAY 18 – 24

All programming can be viewed via in-house TV only: CHANNEL 1972 & 1976 (UNLESS OTHERWISE NOTED)


## MONDAY | MAY 18

- 9AM | Chair Yoga I
- 10AM | Keep on Moving II
- 11AM | Liturgy of the Word -  
CHANNEL 1975 & 1971
- 11:45AM | Line Dance II
- 2PM | OPB: Mount Saint Helens at 40 -  
1 hr 15 min

## WEDNESDAY | MAY 20

- 9AM | Chair Yoga I
- 10AM | Keep on Moving II
- 11AM | Liturgy of the Word -  
CHANNEL 1975 & 1971
- 11:45AM | Line Dance II
- 2PM | Movie: *As Good as it Gets* -  
2 hr 18 min
- 4:30PM | News & Notes from Diane

## FRIDAY | MAY 22

- 9AM | Chair Yoga I
- 10AM | Keep on Moving II
- 11AM | Liturgy of the Word -  
CHANNEL 1975 & 1971
- 11:45AM | Line Dance II
- 2PM | Oprah Winfrey Network:  
Pema Chödrön | SuperSoul Sunday 

## TUESDAY | MAY 19

- 10AM | Tuesday Coffee
- 11AM | Liturgy of the Word -  
CHANNEL 1975 & 1971
- 11AM | Mat Yoga III
- 11:30AM | Meditation I
- 1PM | Stretch & Move I
- 2PM | Circuit II
- 3PM | MWs History Group Speakers

## THURSDAY | MAY 21

- 10AM | Holy Rosary -  
CHANNEL 1975 & 1971
- 11AM | Liturgy of the Word -  
CHANNEL 1975 & 1971
- 11AM | Mat Yoga III
- 11:30AM | Meditation I
- 1PM | Better Balance II
- 2PM | Annual Memorial Virtual Service  
CHANNEL 1975 & 1971

## SUNDAY | MAY 24

- 11AM | Piano Music for Meditation,  
by Gloria Dakin  
CHANNEL 1975 & 1971
- 4PM | Organ Music for Meditation,  
by Carolyn Snow  
CHANNEL 1975 & 1971

For questions please contact the Community Life Team:  
Janice 503-675-2052 | Jessica 503-699-6756 | Stacy 503-675-2473  
or Corrina Stellflug 503-675-2092, or Janet Satterlee 503-675-2445

MARY'S WOODS 