

The Columbia Community *Residential* Life Enrichment Program for the Week of January 16 - January 22, 2021

Saturday, January 16, 2021		
2:00	<i>Do You Wanna Dance?</i> (1 h 44 min 1999) Billy Duncan, a dance instructor, has fallen on hard times and is sentenced to community service time. His assignment? To give dance lessons to elderly parishioners at a local Greek church. Reluctant at first, Billy soon finds himself falling in love with a wealthy parishioner's daughter. With the help of an off-beat Priest, Billy is inspired into teaching dance again and taking a chance on love.	Cable Channel 1390
Sunday, January 17, 2021		
1:30	Shandon Presbyterian Church Service	Cable Channel 1390
5:30	Vespers with Dr. Fran Bragan (Virtual)	Cable Channel 1390
Monday, January 18, 2021		
10:00	Chair Yoga	Cable Channel 1390
11:00	Max Lucado Devotion	Cable Channel 1390
12:00	Jazz Icons: The Svend Asmussen Quartet (42min 1991) In this live concert recording, legendary jazz violinist Svend Asmussen performs alongside Kenny Drew, Niel Henning orsted Pedersen and Ed Thigpen. This masterful quartet performs a variety of jazz classics at the Club Montmartre in Copenhagen, Denmark.	Cable Channel 1390
2:00	Bible Study with Chris Denny is back on Zoom and Channel 1390 Dial: 312-626-6799 Enter Meeting ID: 813-8703-9551 # Enter Passcode: 29210 #	Zoom or Cable Channel 1390
3:00	Seated Cardio Exercise	Cable Channel 1390
3:30	Sauntering With Sandy Olson Live! Celebrities That We Lost in 2020 Dial: 312-626-6799 Meeting ID: 952 715 7377# Passcode: 309660#	Cable Channel 1390
6:30	That Touch of Mink (1 h 39 min 1962) A handsome and eligible tycoon (Cary Grant) and a beautiful working woman (Doris Day) meet over a curbside mud puddle. He's enchanted by her small town ways; she's captivated by his debonair manner. But when it comes to marriage, they have decidedly different views - she wants it and he doesn't!	Cable Channel 1390
Tuesday, January 19, 2021		
10:00	Chair Strength	Cable Channel 1390
11:00	Saxe Gotha Traditional Service	Cable Channel 1390
12:00	The Legendary Bobby Darin (56min 2019) Although he first came to prominence as a rock-and-roll star, U.S entertainer Bobby Darin proved to be a versatile performer who made a name for himself in a variety of musical genres as well as in film. Now you can relive some of his most legendary performances including beyond the Sea, Mack the Knife and Dream Lover.	Cable Channel 1390
2:00	Virtual Bingo Live! Cards handed out prior. Anyone can play!	Cable Channel 1390
3:00	Seated Ab Workout	Cable Channel 1390
3:30	American Heritage Series Ep 13 and 14	Cable Channel 1390
Wednesday, January 20, 2021		
10:00	Dance Gold	Cable Channel 1390
11:00	Fight Like A Christian with Joyce Meyer-Part 2 of 4	Cable Channel 1390
12:00	In Search of Haydn (1 hr 42 min) Joseph Haydn was one of the great composers of history, known as both "Father of the Symphony" and "Father of the String Quartet". What about his composition earned him these titles? In this fantastic documentary, Phil Grabsky's biographical account of Haydn's life is a visual and aural extravaganza, including breath-taking performances by some of the world's most celebrated musicians.	Cable Channel 1390
2:00	Wine Down Wednesday –Wine and Refreshments delivered to you!	Cable Channel 1390
3:00	Leg Exercises	Cable Channel 1390

Contact Life Enrichment

Rebecca Richardson rrichardson@preshomesc.org
Amy McCormack amy.mccormack@preshomesc.org
Office: 803-227-8931



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Presbyterian Communities of South Carolina

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3:30	New Series Recommended By the Dietician at PCSC: <i>Intuitive Eating: Make Peace with Food, Mind & Body Evelyn Tribole, MS, RD</i> -Evelyn Tribole, MS, RD is an award-winning registered dietitian, with a nutrition counseling practice in Newport Beach, California. She has written nine books including the bestsellers <i>Healthy Homestyle Cooking</i> and <i>Intuitive Eating</i> (co-author). Her newest book is the <i>Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food</i> .	Cable Channel 1390
6:30	<i>Sister Act</i> (1992 1hr 40 min) When lively lounge singer Deloris Van Cartier (Whoopi Goldberg) sees her mobster beau, Vince LaRocca (Harvey Keitel), commit murder, she is relocated for her protection. Set up in the guise of a nun in a California convent, Deloris proceeds to upend the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent's choir, an ensemble that she soon turns into a vibrant and soulful act that gains widespread attention.	Cable Channel 1390
Thursday, January 21, 2020		
10:00	Chair Strength	Cable Channel 1390
11:00	Mormon Tabernacle Choir	Cable Channel 1390
12:00	<i>Johnny Mathis: In Concert</i> (57min 2019) Johnny Mathis is one of a handful of artists who truly deserves a legendary status. Since his impact on scene in the 1950s, Johnny has maintained a high levels of performance, both on recordings and on stage.	Cable Channel 1390
2:00	Trivia Live! Trivia on your own. On Channel 1390	Cable Channel 1390
3:00	Seated Ab Workout	Cable Channel 1390
3:30	Video From Dietician-	
4:00	Townhall LIVE w/ Jason	Cable Channel 1390
Friday, January 22, 2021		
10:00	Cardio Dance	Cable Channel 1390
11:00	Beth Moore Devotional- <i>Living Proof With Beth Moore</i>	Cable Channel 1390
11:30	Z- Learning with the Riverbanks Zoo	
12:00	<i>Be Thou My Vision (54min)</i> Classic hymns and stunning visuals are beautifully blended to make this hour an unforgettable celebration of worship and praise. Uniquely inspiring, this program focuses on the timeless acts of reverence and devotion to God. Feel a new sense of peace, contentment, and love as expressed in passages of scripture from the 23rd Psalm, Sermon on the Mount, and the Gospel of John.	Cable Channel 1390
2:00	<i>Ice Cream Delivery to Your Room and 1980's Family Feud</i> on 1390	Cable Channel 1390
3:00	Leg Exercises	Cable Channel 1390
3:30	<i>Liz- The Elizabeth Taylor Series</i> Ep 2 (1hr 28 min) The making of an iconic American film star: Elizabeth Taylor. Based on the novel by C. David Heynmann, this biographical miniseries follows Elizabeth Taylor's rise to stardom, her seven marriages, her bouts with substance abuse, and her cementation as a Hollywood legend.and 2	Cable Channel 1390
6:30	<i>Larry Crowne</i> (1 h 38 min) 2011 PG-13 Tom Hanks and Julia Roberts star in this optimistic comedy about how when you think everything worth having has passed you by, you just might find your reason to live.	Cable Channel 1390

****Have a family heirloom you'd like to be a part of our Show and Tell Program? Please call us in the Life Enrichment Office.****



Call Life Enrichment! We may be able to help with your computer or device!

If you see any issue on Channel 1390, please call 803-796-8700. Thank you!

Contact Life Enrichment

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