



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 7:30 Tailback Club 8:30 Total Body Circuit - LD 9:15 Standing Tai Chi - LD 10:00 Water Fitness - P 10:00 Wisdom Wednesdays: Introduction - SSCR 11:00 Indoor Cornhole - ER 11:00 RP Rehearsal - LD 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Trivial Pursuit - LD 3:00 Church Services - CR 6:30 AS Reserved (JM) - AS 7:00 Lion's Den Reserved (PH) - LD	<b>2</b> 8:00 "Early Birds" go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 10:15 Water in Motion - P 10:30 Roundtable w/Dr. Ferro - CR 11:00 Ping Pong - LD 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 5:30 The Invisible Extinction (PSU Eberly College Presentation) 6:15 Sound of Music @ Bellefonte Middle School	<b>3</b> All Day PSU Men's Ice Hockey Big 10 1/4 finals 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 Reserved (RC) - LD 10:00 Making Life Good Again - AS 11:00 Indoor Cornhole - ER 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Jabebo demo and presentation - CR 4:30 Happy Hour with Sentimental Journey - CL	<b>4</b> All Day Ping Pong - LD All Day PSU Men's Ice Hockey Big 10 1/4 finals 3:00 Saturday Afternoon Tea - PDR 3:30 Musical Interludes: Bryan Jones (piano) and Ruth Stokes (cello) - CR

<p><b>5</b>  All Day Ping Pong - LD  All Day PSU Men's Ice Hockey  Big 10 1/4 finals  8:30 Transportation to Church  11:45 PSU Men's Basketball vs Maryland  2:00 Sunday Movie: "Top Gun: Maverick" - CR  4:00 CR Reserved (JS) - CR</p>	<p><b>6</b>  8:30 Total Body Circuit - LD  9:15 Zumba Gold - LD  10:00 Water Fitness - P  11:00 Resident Council Meeting - CR  11:00 Indoor Cornhole - ER  12:30 RP Tech Rehearsal - CR  1:00 Library Committee - L  1:00 Balance Basics - ER  1:15 Shopping at Weis/Giant  1:30 CR Reserved (SJ) - CR  1:30 Seated Chair Yoga - ER  2:00 First Monday Knitting Group - E106  7:30 Poker - AS</p>	<p><b>7</b>  8:30 UrbanKick - LD  9:15 Mindful Movement - LD  10:15 Water in Motion - P  11:00 Virtual Walking - CR  12:30 Duplicate Bridge - LD  12:45 Grocery Shopping @ Wegmans/Walmart  1:00 Social Bridge - AS  1:30 Seated Volleyball - ER  2:00 Tuesday Movie: "The Other Boleyn Girl" - CR  2:00 Heather Fleck's 102 Birthday - PCDR  4:30 Social Hour - CL</p>	<p><b>8</b>  7:30 Tailback Club  8:30 Total Body Circuit - LD  9:00 Audiology Appointments - DO  9:15 Standing Tai Chi - LD  10:00 Water Fitness - P  10:00 Wisdom Wednesdays: Appropriate Legal Documents - SSCR  11:00 Indoor Cornhole - ER  11:45 Juliet's Luncheon  1:00 Balance Basics - ER  1:00 RP Tech Rehearsal - CR  1:30 Seated Chair Yoga - ER  3:00 Church Services - CR  7:00 Lion's Den Reserved (PH) - LD  7:15 Radio Players Show - CR</p>	<p><b>9</b>  8:00 "Early Birds' go to Wegmans  8:00 CR Reserved (NHO) - CR  8:00 AS reserved for studio art time - AS  8:30 UrbanKick - LD  8:30 NHO Orientation - CR  9:15 Drum Fitness - LD  10:15 Water in Motion - P  11:00 Ping Pong - LD  1:00 Mah-Jongg - AS  1:30 Seated Volleyball - ER  2:30 Food Committee - LD</p>	<p><b>10</b>  8:30 Total Body Circuit - LD  8:45 Schlow Library  9:15 Gym Circuit - FC  9:30 BAM: Quilts and the Challenge of Design" w/ Irmgard Lee  10:00 Recycling Committee - AS  10:00 Water Fitness - P  11:00 Indoor Cornhole - ER  12:45 Duplicate Bridge - LD  1:00 Social Bridge - AS  1:00 Balance Basics - ER  1:30 Seated Chair Yoga - ER  4:30 Happy Hour - CL</p>	<p><b>11</b>  All Day Ping Pong - LD  All Day PSU Men's Ice Hockey  Big 10 Semifinals  2:00 100th Birthday Party for Don Ace - CR</p>
<p><b>12</b>  All Day Ping Pong - LD  8:30 Transportation to Church  2:00 Sunday Movie Sundays w/Selleck: "Jessie Stone: Death in Paradise" - CR  4:00 CR Reserved (JS) - CR  7:00 Musical Interludes: Quasi Quintet - CR</p>	<p><b>13</b>  8:30 Total Body Circuit - LD  9:15 Zumba Gold - LD  10:00 Water Fitness - P  10:00 Everyone Talking - AS  10:30 Tanis Presents Comedy in France - CR  11:00 Indoor Cornhole - ER  1:00 Balance Basics - ER  1:15 Shopping at Weis/Giant  1:30 CR Reserved (SJ) - CR  1:30 Seated Chair Yoga - ER  7:30 Poker - AS</p>	<p><b>14</b>  8:30 UrbanKick - LD  9:00 Healthy Aging Series - CR  9:15 Mindful Movement - LD  10:00 Resident Annual Fund - AS  10:15 Water in Motion - P  12:30 Duplicate Bridge - LD  12:45 Grocery Shopping @ Wegmans/Walmart  1:00 Social Bridge - AS  1:30 Seated Volleyball - ER  2:15 Line Dancing - CR  4:30 Social Hour - CL</p>	<p><b>15</b>  7:30 Tailback Club  8:30 Total Body Circuit - LD  8:30 CR Reserved (EC) - CR  9:15 Standing Tai Chi - LD  10:00 Water Fitness - P  10:00 Wisdom Wednesdays: Instructions to the Funeral Director - AS  11:00 Indoor Cornhole - ER  1:00 Balance Basics - ER  1:30 Seated Chair Yoga - ER  3:00 Poetry Reading - LD  3:00 Church Services - CR  3:00 AS Reserved (HR) - AS  5:30 Cafe Laura: Mamma Mia!: A Greek Cuisine Experience  7:00 Lion's Den Reserved (PH) - LD</p>	<p><b>16</b>  8:00 "Early Birds' go to Wegmans  8:00 AS reserved for studio art time - AS  8:30 UrbanKick - LD  9:15 Drum Fitness - LD  10:00 Town Hall - CR  10:15 Water in Motion - P  11:00 Ping Pong - LD  11:30 Schwan's Man is Here - L2  11:30 History Lesson w/ Ferro - CR  1:00 Mah-Jongg - AS  1:30 Seated Volleyball - ER  2:00 History Lesson w/ Ferro - CR  4:30 Avian Education Program  Speaker: Dr. Amanda Rodewald  7:00 Penn State Centre Stage: "Into the Woods"</p>	<p><b>17</b>  8:30 Total Body Circuit - LD  9:15 Gym Circuit - FC  10:00 Water Fitness - P  10:00 Making Life Good Again - AS  11:00 Bingo - CR  12:45 Duplicate Bridge - LD  1:00 Social Bridge - AS  1:00 Balance Basics - ER  1:30 Seated Chair Yoga - ER  4:30 Happy Hour - CL  6:15 State College Jazz Club Night</p>	<p><b>18</b>  All Day Ping Pong - LD  All Day PSU Men's Ice Hockey  Big 10 Championship  11:30 Met Opera Presents: Lohengrin  1:00 Shopping at Target, Trader Joe's, Wine &amp; Spirits, etc.  6:30 PSU Men's Volleyball vs Saint Francis  7:00 Transportation to Bruce Springsteen concert</p>

<p><b>19</b> All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The Sting" - CR 2:30 State College Area Municipal Band 4:00 CR Reserved (JS) - CR</p>	<p><b>20</b> 8:30 Total Body Circuit - LD 8:30 Hearing Screenings - AS 9:15 Zumba Gold - LD 10:00 Water Fitness - P 10:00 Movie Committee - LD 11:00 Indoor Cornhole - ER 12:30 Podiatry Appointments - AS 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 3:00 Activities Committee - LD 7:30 Poker - AS</p>	<p><b>21</b> 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 9:30 Centre County Recycling &amp; Refuse Authority tour 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:30 Duplicate Bridge - LD 12:45 Grocery Shopping @ Wegmans/Walmart 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:00 Tuesday Movie: "Rear Window" - CR 4:30 Social Hour - CL 6:30 PSU Men's Volleyball vs Ohio State</p>	<p><b>22</b> 7:30 Tailback Club 8:30 Total Body Circuit - LD 9:15 Standing Tai Chi - LD 10:00 Water Fitness - P 10:00 Wisdom Wednesdays: Companionship Yourself and Others Through Grief - SSCR 11:00 Indoor Cornhole - ER 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Gardening Club - LD 7:00 Lion's Den Reserved (PH) - LD</p>	<p><b>23</b> 8:00 "Early Birds" go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 10:15 Water in Motion - P 10:30 Voter Registration Workshop - CR 11:00 Ping Pong - LD 11:45 Romeo's Luncheon 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 1:30 "Are you getting what you pay for?" - CR 3:30 McCourtney Institute for Democracy Speaker series 7:00 Soul Science Lab Make a Joyful Noize</p>	<p><b>24</b> 8:30 Total Body Circuit - LD 9:00 CR Reserved (EC) - SSCR 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Indoor Cornhole - ER 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 4:30 Happy Hour - CL 7:00 "The Denicats Band" - CR</p>	<p><b>25</b> All Day Ping Pong - LD 11:30 Lunch outing at Spruce Creek Tavern 3:00 Scrabble - LD</p>
<p><b>26</b> All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 2:00 Sunday Movie: "Mamma Mia" - CR 4:00 CR Reserved (JS) - CR</p>	<p><b>27</b> 8:30 Total Body Circuit - LD 9:15 Zumba Gold - LD 10:00 Water Fitness - P 10:00 Women Talking - AS 10:00 New Resident Information Meeting - LD 11:00 Indoor Cornhole - ER 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 2:00 Lion's Den reserved (NW) - LD 5:15 Welcome Table - DRI 7:00 Musical Interludes: Horn Ensemble - CR 7:30 Poker - AS</p>	<p><b>28</b> 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:00 Writing for yourself, with Jackie Hook - AS 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:30 Duplicate Bridge - LD 12:45 Grocery Shopping @ Wegmans/Walmart 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:15 Line Dancing - CR 4:30 Social Hour - CL 7:00 FLIP Fabrique/Muse</p>	<p><b>29</b> 7:30 Tailback Club 8:30 Total Body Circuit - LD 9:15 Standing Tai Chi - LD 10:00 Water Fitness - P 10:00 Wisdom Wednesdays: Navigating the Death Process - SSCR 11:00 Indoor Cornhole - ER 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:00 Church Services - CR 6:30 AS Reserved (JM) - AS 7:00 Lion's Den Reserved (PH) - LD</p>	<p><b>30</b> 8:00 "Early Birds" go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 10:15 Water in Motion - P 11:00 Ping Pong - LD 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:15 Take a walk in the park day 6:45 State High School production of Hello, Dolly!</p>	<p><b>31</b> 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Indoor Cornhole - ER 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 1:30 Catholic Communion - CR 3:00 Drum Fit Course - CR 4:30 Happy Hour w/Sentimental Journey - CL</p>	