



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER	2 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 Making Life Good Again - AS 10:00 Reserved (RC) - LD 11:00 Golf - VG 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	3 All Day Ping Pong - LD 12:30 Met Opera presents: Die Zauberflöte
4 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Jewel of the Nile" - CR 4:00 CR Reserved (JS) - CR 5:30 South Hills Summer concert series: Nittany Knights	5 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Resident Council Meeting - 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 - LD 7:00 Concert for Ukraine 7:30 Poker - AS	6 8:00 SSCR Reserved - SSCR 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:15 Water in Motion - P 11:00 Outdoor Walk - PP 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:00 Tuesday Movie: "Miss Miniver" - CR 4:30 Social Hour - CL	7 8:30 Total Body Circuit - LD 9:00 Watercolor and pen & ink Art Class - AS 9:15 Tai Chi - LD 9:45 Tour of the Ross Student Farm 10:00 Water Fitness - P 11:00 Golf - VG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:30 Geocaching 3:00 Church Services - CR	8 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 11:00 Sight-Loss Support Group Meeting 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:00 Atrium Outing	9 8:30 Total Body Circuit - LD 8:45 Schlow Library 9:15 Gym Circuit - FC 10:00 Recycling Committee - AS 10:00 Water Fitness - P 11:00 Golf - VG 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	10 All Day Ping Pong - LD 1:00 Pool reserved (PH) - P 2:00 Celebration of Life for Kay Sengle - CR 6:30 A Closer Walk with Patsy Cline

<p>11 All Day Ping Pong - LD 8:30 Transportation to Church 12:00 CR Reserved - CR 12:15 Centred Outdoors @ Shavers Creek 2:00 Sunday Movie: "Jessie Stone-No Remorse" - LD 4:00 CR Reserved (JS) - CR 5:30 South Hills summer concert series: Brush Mountain Band 6:00 Penns Woods Music Festival in the Gardens @ The Arboretum</p>	<p>12 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Everyone Talking - AS 1:00 Balance Basics - ER 1:00 Reaching Out Committee - AS 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 6:30 Penn's Woods Music in the Gardens (raindate) 7:30 Poker - AS</p>	<p>13 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:00 Resident Annual Fund - AS 10:15 Water in Motion - P 11:00 Outdoor Walk - PP 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:00 Wine and Wickets (marketing event) - PP 2:15 Line Dancing - CR 4:30 Social Hour - CL</p>	<p>14 8:30 Total Body Circuit - LD 9:00 Watercolor and pen & ink Art Class - AS 9:15 Tai Chi - LD 10:00 Water Fitness - P 11:00 Golf - VG 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Activities Committee - LD 2:30 Geocaching 3:00 Church Services - CR 6:30 Penns Woods Music Festival ~ Chamber music</p>	<p>15 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 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:00 History Lesson w/ Ferro - CR 2:00 Atrium Outing</p>	<p>16 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 Golf - VG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:30 Musical Interludes by Marissa Perri (soprano) - CR 4:30 Happy Hour - CL 6:30 Penn Woods Music Festival: Pittsburgh Trombone Project: Jazz Quartet</p>	<p>17 All Day Ping Pong - LD 6:30 Penn Woods Music Festival ~ Festival Orchestra Steven Smith, piano</p>
<p>18 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Three Billboards Outside Ebbing Missouri" - CR 4:00 CR Reserved (JS) - CR 5:30 South Hills summer concert series: Keystone Big Band</p>	<p>19 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AS 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 1:30 Finance Committee meeting - LD 2:15 Geocaching & Walk 7:30 Poker - AS</p>	<p>20 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:15 Water in Motion - P 11:00 Outdoor Walk - PP 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:00 Tuesday Movie: "El Dorado" - CR 4:15 Bowie Baysox @ Altoona Curve 4:30 Social Hour - CL</p>	<p>21 8:30 Total Body Circuit - LD 9:00 Watercolor and pen & ink Art Class - AS 9:15 Tai Chi - LD 10:00 Water Fitness - P 11:00 Golf - VG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:00 Church Services - CR 3:00 AS Reserved (HR) - AS 3:00 Poetry Reading - LD 6:30 Penn Woods Music Festival ~ Chamber Music</p>	<p>22 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 Explore the Galapagos with Cindy Petrick - CR 11:00 Ping Pong - LD 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER</p>	<p>23 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Golf - VG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Staying Hydrated w/Mitch Straub, Vital Rehab - CR 4:30 Happy Hour - CL 6:30 Penns Woods Music Festival ~ Jazz</p>	<p>24 All Day Ping Pong - LD 6:30 Penn Woods Music Festival ~ Festival Orchestra Kim Cook, cello</p>
<p>25 All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 2:00 Sunday Movie: "Insomnia" - CR 4:00 CR Reserved (JS) - CR 5:30 South Hills summer concert series: Coal Aly Band</p>	<p>26 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AS 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 2:00 Lion's Den reserved (NW) - LD 5:15 Welcome Table - DRI 7:30 Poker - AS</p>	<p>27 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 Outdoor Walk - PP 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:30 Seated Volleyball - ER 2:15 Line Dancing - CR 2:45 Boalsburg Farmers Market 4:30 Social Hour - CL</p>	<p>28 8:30 Total Body Circuit - LD 9:00 Watercolor and pen & ink Art Class - AS 9:15 Tai Chi - LD 10:00 Water Fitness - P 11:00 Golf - VG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Gardening Club - LD 2:30 Geocaching 3:00 Church service - CR 4:30 DelGrosso's Spaghetti Wednesday</p>	<p>29 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 Tanis presents Women Comedians , Part 1 - CR 11:00 Ping Pong - LD 11:45 Romeo's Luncheon 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:00 LD Reserved (NW) - LD 3:00 Ice Cream Social - CR</p>	<p>30 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Golf - VG 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 4:30 Happy Hour - CL</p>	