

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Total Body Circuit - LD 9:00 Art Class: Gelli-Prints - AS 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Cornhole - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Trivial Pursuit - LD 3:00 Church Services - CR 4:30 * TRANSPORTATION CANCELLED * Stories From the Violins of Hope 6:30 *CANCELLED*Flower Pressing Workshop	2 7:30 *CANCELLED*Arboretum Fall Bird Walk 8:00 "Early Birds' go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:15 Water Aerobics - P 10:30 Roundtable w/Dr. Ferro - CR 11:00 Ping Pong - LD 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 3:15 Line Dancing - LD	3 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:15 Gym Circuit - FC 10:00 Making Life Good Again - AS 10:00 Residents' Council Agenda Setting - LD 10:00 Water Fitness - P 11:00 Cornhole - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:00 CR Reserved (TC) - CR 4:30 Happy Hour - CL 8:00 PSU Women's Volleyball vs Nebraska	4 All Day Ping Pong - LD 3:15 VPS Tailgate/PSU vs Maryland - CR 7:00 *TRANSPORTATION CANCELLED*PSU Men's Ice Hockey vs Notre Dame
5 All Day Ping Pong - LD 8:30 Transportation to Church 1:00 Winter Market @ The Rivet 2:00 Sunday Movie: "A Date with Judy" - CR 2:15 State College Choral Society: Voices of the Holocaust 2:15 State College Area Municipal Band 4:00 PSU Men's Ice Hockey vs Notre Dame	6 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Resident Council Meeting - CR 11:00 Cornhole - LD 1:00 Library Committee - L 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 First Monday Knitting Group - AS 6:30 PSU Men's Basketball vs Delaware State 7:00 Musical Interludes concert by Prof. Andreas Oeste (Oboe) - CR 7:30 Poker - AS	7 8:30 Guarded Swim - P 9:00 Transportation to Vote 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 10:30 Vocal Fitness: Maintaining healthy voice across the adult lifespan - CR 10:30 Transportation to Vote 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: "Out of the Past" - CR 4:30 Social Hour - CL 5:30 PSU Women's Basketball vs Bucknell 7:00 Come From Away	8 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 10:30 Together We Thrive: How Fair Trade is Transforming Global Communities - CR 11:00 Cornhole - LD 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR	9 8:00 "Early Birds' go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 Body, Brain and Balance - LD 9:00 *DATE CHANGE*Pottery painting with Kelly from 2000 degrees - AS 9:15 Drum Fitness - LD 10:00 SSCR Reserved (Fun) - CR 10:15 Water Aerobics - P 11:00 Sight-Loss Support Group Meeting 11:00 Ping Pong - LD 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:30 Food Committee - LD	10 8:45 Schlow Library 10:00 Recycling Committee - AS 10:00 Veterans Day Brunch - CR 11:00 Cornhole - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 4:30 Happy Hour - CL 4:30 PSU Women's Basketball vs Navy 6:30 PSU Women's Volleyball vs Michigan 7:00 PSU Men's Basketball vs Lehigh	11 All Day Ping Pong - LD 10:30 PSU Football vs Michigan 11:15 PSU Football vs Michigan 12:00 PSU Football vs Michigan on the big screen 7:30 PSU Women's Volleyball vs Wisconsin

<p>12 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "One Minute to Zero" - CR 2:00 SolidGold Concessions Food Truck - BA</p>	<p>13 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 9:30 Special Movie Monday: A Beautiful Day in the Neighborhood - CR 10:00 Everyone Talking - AS 10:00 Water Fitness - P 11:00 Cornhole - LD 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 Resident Annual Fund Q & A - AS 2:30 "Move Like a Kid Again! With Alexander Technique" - CR 5:30 PSU Women's Basketball vs Kansas 7:30 Poker - AS</p>	<p>14 8:00 CR Reserved (HO) - CR 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Resident Annual Fund - AS 10:15 Water Aerobics - P 12:30 "Holiday Art Market-Give the Gift of Art" @ BAM 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 4:30 Social Hour - CL 6:30 PSU Men's Basketball vs St. Francis</p>	<p>15 8:00 Successful Active Aging 8:30 Total Body Circuit - LD 9:00 Stenciling Art Class - AS 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 10:30 Mini Whinnies horse visit - BA 11:00 Cornhole - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 AS Reserved (HR) - AS 3:00 Poetry Reading - LD 7:00 Musical Interludes: Prof. Melody Quah (piano) - CR 7:00 STOMP</p>	<p>16 8:00 "Early Birds' go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:00 Town Hall - CR 10:15 Water Aerobics - 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 3:15 Line Dancing - LD 7:00 Chamber Orchestra and Concert Choir: Strings of Hope</p>	<p>17 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Making Life Good Again - AS 10:00 Water Fitness - P 11:00 Cornhole - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:30 Happy Hour - CL 6:00 PSU Women's Volleyball vs Michigan State 6:30 PSU Men's Basketball vs Morehead State</p>	<p>18 All Day Ping Pong - LD All Day PSU Football vs Rutgers All Day PSU Football vs Rutgers on the big screen 12:30 Met Opera: X: The Life And Times Of Malcolm X 6:30 PSU Women's Volleyball vs Northwestern</p>
<p>19 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Jesse Stone: Lost in Paradise" - CR</p>	<p>20 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 9:30 Tour of the Millenium Science Complex, West Wing 10:00 Water Fitness - P 10:00 Movie Committee - AS 11:00 Cornhole - LD 1:00 Activities Committee - LD 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 7:30 Poker - AS</p>	<p>21 8:30 Guarded Swim - P 9:00 CR Reserved (KM) - CR 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 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: "Miracle on 34th Street" - CR 4:30 Social Hour - CL 6:30 PSU Wrestling NWCA All-Star Classic (Exhibition)</p>	<p>22 8:30 Total Body Circuit - LD 9:00 Seasonal Plant Prints workshop - AS 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Cornhole - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church service - CR</p>	<p>23 All Day THANKSGIVING 8:00 AS reserved for studio art time - AS 1:00 Mah-Jongg - AS</p>	<p>24 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Cornhole - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 3:30 PSU Men's Ice Hockey vs Lindenwood 4:30 Happy Hour - CL 7:30 PSU vs Michigan State on the Big Screen - CR</p>	<p>25 All Day Ping Pong - LD 2:00 Drumming Circle with Matt Price - CR 3:30 PSU Men's Ice Hockey vs Lindenwood</p>

<p>26 All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 12:30 PSU Women's Basketball vs Providence 2:00 Sunday Movie: "3:10 to Yuma" - CR</p>	<p>27 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Women Talking - AS 10:00 Water Fitness - P 11:00 Cornhole - LD 12:00 Podiatry Appointments - AS 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 Lion's Den reserved (NW) - LD 5:15 Welcome Table - DRI 7:00 Musical Interludes: Flute Choir of Prof. Naomi Seidman - CR 7:30 Poker - AS</p>	<p>28 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Writing for yourself, with Jackie Hook - AS 10:15 Water Aerobics - P 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 4:30 Social Hour - CL</p>	<p>29 8:30 Total Body Circuit - LD 9:00 Art Class: Collage - AS 10:00 Water Fitness - P 10:00 New Resident Information Session - LD 10:30 Quarterback Club Meeting 11:00 Cornhole - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Gardening Club - LD 3:00 Church Services - CR 5:30 PSU Women's Basketball vs Radford</p>	<p>30 8:00 "Early Birds" go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:15 Water Aerobics - P 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 4:00 Line Dancing - CR</p>		
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