



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Total Body Circuit - LD 9:00 Art Class - AS 10:00 Water Fitness - P 10:30 What is Occupational Therapy? - CR 1:00 *CANCELLED*Balance Basics - ER 1:30 *CANCELLED*Chair Yoga - ER 2:00 Trivial Pursuit - LD 3:00 Church Services - CR 7:00 *CANCELLED*Alex Tischer concert (Esther Porter's grandson) - CR	2 8:00 "Early Birds' go to Wegmans 8:00 *NOTE TIME AVAILABILITY CHANGE*AS Reserved for art studio 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 10:30 AS Reserved (JG) - AS 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 3:15 Line Dancing - LD 3:30 Musical Interludes: "Chinese music: Guzhung, Piano, Violin (by Ying Lam Eva Chu, Rui Xue, Zhang Rui)" - CR	3 9:00 Dollar Tree Dash 10:00 Residents' Council Agenda Setting - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Centre Wildlife Care visit with animals - CR 4:30 Happy Hour - CL	4 All Day Ping Pong - LD 6:00 Kentucky Derby - CL

<p>5 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "L.A. Confidential" - CR 2:15 Spring concert with State College flutist Cathy Herrera</p>	<p>6 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 Chair Yoga - ER 2:00 First Monday Knitting Group - AS 7:30 Poker - AS</p>	<p>7 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:30 Health Aging Lecture: Redefining Aging - CR 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: "Gaslight" - CR 4:30 Social Hour - CL</p>	<p>8 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 Art Class: Explorations in Watercolor - AS 10:00 Water Fitness - P 10:00 Private Event (EC) - CR 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:00 Making Life Good Again - AS 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AS 3:00 Church Services - CR</p>	<p>9 8:00 "Early Birds' go to Wegmans 8:00 AS reserved for studio art time - AS 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 9:15 *FULL*Riverside Greenhouse & Lunch 10:15 Water Aerobics - P 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 2:30 Food Committee - LD 3:30 Line Dancing - LD</p>	<p>10 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 10:30 Arboretum Presentation w/Aubrey & Rachel - CR 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AS 1:30 Chair Yoga - ER 2:30 Name That Tune - CR 4:30 Happy Hour w/Sentimental Journey - CL 6:15 SCAMS Performance of The Little Mermaid</p>	<p>11 All Day Ping Pong - LD 12:30 Met Opera Live: Madama Butterfly 1:15 Shopping at Trader Joe's, Target, Wine & Spirits, etc</p>
<p>12 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The Post" - CR 2:15 SCAM Mother's Day Concert</p>	<p>13 9:00 AAUW Used Book Sale 10:00 Everyone Talking - AS 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 4:00 Musical Interludes Concert by Timothy McClure (Violin) of the School of Music - CR 7:30 Poker - AS</p>	<p>14 10:00 Resident Annual Fund - AS 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Silver Spurs Line Dancers - CR 4:30 Social Hour - CL</p>	<p>15 9:00 Art Class: Explorations in Watercolor - AS 10:00 SSCR Reserved (Fun) - SSCR 3:00 Poetry Reading - LD 3:00 Church Services - CR 3:00 AS Reserved (HR) - AS</p>	<p>16 8:00 "Early Birds' go to Wegmans 8:00 AS reserved for studio art time - AS 10:00 Town Hall - CR 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AS 2:00 History Lesson w/ Ferro - CR</p>	<p>17 8:30 Breakfast Outing: Oeuf Boeuf et Bacon 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 4:30 Happy Hour - CL</p>	<p>18 All Day Ping Pong - LD 9:30 Tour of CVIM 1:15 Celebration of Life for Helen Manfull</p>
<p>19 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Barbie" - CR</p>	<p>20 10:00 Movie Committee - AS 10:00 Everyone Talking - LD 12:30 Podiatry Appointments - AS 1:00 Activities Committee - LD 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 5:15 Welcome Table - DRI 7:30 Poker - AS</p>	<p>21 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:30 Men's Book Club - 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 2:00 Tuesday Movie: "The Road to Singapore" - CR 4:30 Social Hour - CL</p>	<p>22 8:30 Total Body Circuit - LD 9:00 Art Class: Explorations in Watercolor - AS 10:00 Water Fitness - P 10:00 New Resident Social - LD 1:00 Balance Basics - ER 1:00 Making Life Good Again - AS 1:00 Peachey's Greenhouse Outing 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AS 2:30 A Wine Tasting Experience - SSCR 3:00 Church service - CR</p>	<p>23 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 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 1:00 Tai Chi - CR 1:30 Seated Volleyball - ER 3:15 Line Dancing - LD</p>	<p>24 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:30 WHEN WILL IT EVER END? (Gaza War) - CR 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AS 1:30 Chair Yoga - ER 4:30 Happy Hour - CL</p>	<p>25 All Day Ping Pong - LD 2:00 Scrabble - LD</p>

<p>26 All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 2:00 Sunday Movie: "Star Wars" - CR</p>	<p>27 1:30 CR Reserved (SJ) - 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: Explorations in Watercolor - AS 10:00 Water Fitness - P 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Lion's Den reserved (NW) - LD 2:00 St. Paul's Methodist Communion Service - CR 3:00 Church Services - CR 4:15 Altoona Curve Baseball vs Portland</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 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AS 1:30 Seated Volleyball - ER 2:00 LD Reserved (NW) - LD 2:30 Line Dancing - CR 3:00 Ice Cream Social - CR</p>	<p>31 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AS 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 4:30 Happy Hour - CL</p>	
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