



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Golf - PG 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 - AR 7:30 Poker - AR	2 8:30 Guarded Swim - P 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 - AR 2:00 Tuesday Movie: "Blazing Saddles" - CR 4:30 Social Hour - CL	3 8:30 Total Body Circuit - LD 9:00 Activity Room reserved for Art studio time - AR 10:00 Water Fitness - P 11:00 Golf - PG 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Trivial Pursuit - LD 3:00 Church Services - CR	4 All Day JULY 4th HOLIDAY 8:00 AR reserved for studio art time - AR 1:00 Mah-Jongg - AR	5 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AR 1:30 Chair Yoga - ER 4:30 Happy Hour - CL	6 All Day Ping Pong - LD 2:00 Scrabble - LD
7 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Midnight in Paris" - CR 5:15 South Hills summer concert series: An American Celebration with the Bellefonte Community Band and the State College Area Municipa	8 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Everyone Talking - AR 11:00 Golf - PG 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 - AR	9 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Resident Annual Fund - AR 10:15 Water Aerobics - P 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Geocaching 3:15 Line Dancing - CR 4:30 Social Hour - CL	10 8:00 Student Farm Volunteer Days 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 Activity Room reserved for Art studio time - AR 10:00 Water Fitness - P 11:00 Golf - PG 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:00 Making Life Good Again - AR 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AR 3:00 Church Services - CR 4:30 Altoona Curve Baseball vs Bowie	11 8:00 "Early Birds" go to Wegmans 8:00 AR reserved for studio art time - AR 8:30 NHO Orientation - SSCR 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 9:30 Free Drawing Class at Art Alliance 10:00 Day @ The Arts Fest 10:15 Water Aerobics - P 1:00 Mah-Jongg - AR 2:30 Food Committee - LD 3:15 Line Dancing - LD	12 8:30 Total Body Circuit - LD 8:45 Schlow Library 9:15 Gym Circuit - FC 9:45 People's Choice Art Festival 10:00 Water Fitness - P 10:00 Recycling Committee - AR 10:00 Residents' Council Agenda Setting - LD 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AR 1:30 Chair Yoga - ER 4:30 Happy Hour - CL	13 All Day Ping Pong - LD 10:00 Art in the Orchard - Way Fruit Farm

<p>14 All Day Ping Pong - LD 8:30 Transportation to Church 1:30 Footloose at the Boal Barn Playhouse 2:00 Sunday Movie: "You've Got Mail" - CR</p>	<p>15 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 11:00 Golf - PG 11:00 Resident Council Meeting - CR 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 - AR</p>	<p>16 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:30 Men's Book Club - AR 10:15 Water Aerobics - P 10:30 Resident Feedback on My Medical Mirror Companion Case Features and NIH Grant Plan - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "The Full Monty" - CR 4:30 Social Hour w/Sentimental Journey - CL</p>	<p>17 8:00 Student Farm Volunteer Days 8:30 Total Body Circuit - LD 9:00 Activity Room reserved for Art studio time - AR 10:00 Water Fitness - P 10:00 Meet and Greet - CR 11:00 Golf - PG 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Poetry Reading - LD 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 4:30 Spaghetti Wednesday at DelGrosso's</p>	<p>18 8:00 "Early Birds' go to Wegmans 8:00 AR reserved for studio art time - AR 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 9:30 Free Drawing Class at Art Alliance 10:00 Town Hall - CR 10:15 Water Aerobics - P 11:30 Schwan's Man is Here - L2 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AR 2:00 History Lesson w/ Ferro - CR</p>	<p>19 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 4:30 Happy Hour - CL</p>	<p>20 All Day Ping Pong - LD 1:15 Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc. 6:30 Godspell production at Millbrook Playhouse</p>
<p>21 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "From Russia with Love" - CR 5:15 South Hills summer concert series: Adam and the Armadillos</p>	<p>22 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 11:00 Golf - PG 12:30 Podiatry Appointments - AS 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 Chair Yoga - ER 2:00 PSU World in Conversation presentation - CR 7:30 Poker - AR</p>	<p>23 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Writing for yourself, with Jackie Hook - AR 10:15 Water Aerobics - P 10:30 FBI Elder Fraud presentation sponsored by Centre Foundation - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Geocaching 3:15 Line Dancing - CR 4:30 Social Hour - CL</p>	<p>24 8:00 Student Farm Volunteer Days 8:30 Total Body Circuit - LD 9:00 Activity Room reserved for Art studio time - AR 9:30 Watercolor with Ink Art Class - AR 10:00 Water Fitness - P 10:00 New Resident Information Session - LD 11:00 Golf - PG 1:00 Balance Basics - ER 1:00 Making Life Good Again - AR 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AR 2:00 LD Floral arranging with the Student Farm 3:00 Church service - CR</p>	<p>25 8:00 "Early Birds' go to Wegmans 8:00 AR reserved for studio art time - AR 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:15 Water Aerobics - P 10:30 Roundtable w/Dr. Ferro - CR 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 2:00 LD Reserved (NW) - LD 2:00 "Centre County 4-H Robotics – A Unique Way Our Youth are Learning about STEM in Today's World" - CR 3:00 Ice Cream Social - CR 4:00 Line Dancing - LD 7:00 Musical Interludes: Anne Sullivan (Harp) - CR</p>	<p>26 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 Le Jeune Chef Lunch Outing in Williamsport 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AR 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 4:30 Happy Hour - CL</p>	<p>27 All Day Ping Pong - LD 12:30 Monet's Picnic (Benefits Bellefonte Art Museum)</p>

<p>28 All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 2:00 Sunday Movie: "Manchurian Candidate" - CR 3:00 BAM Art Gallery Talk - LD 5:15 South Hills summer concert series: Coal Aly Band</p>	<p>29 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 9:30 Schlow Unbound: 24/7 eBooks, eAudio, and Other Resources 10:00 Water Fitness - P 11:00 Golf - PG 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 7:30 Poker - AR</p>	<p>30 8:30 Guarded Swim - P 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 - AR 2:00 Geocaching 4:30 Social Hour - CL</p>	<p>31 8:00 Student Farm Volunteer Days 8:30 Total Body Circuit - LD 9:00 Activity Room reserved for Art studio time - AR 10:00 Water Fitness - P 11:00 Golf - PG 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR</p>			
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