



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> All Day Ping Pong - LD 10:30 Frontiers of Science lecture: "Building a quantum information highway network with topological edge states" 11:30 PSU Men's Basketball vs Maryland 2:00 Scrabble - LD 7:00 Penn State Opera Theatre presents: The Miller's Daughter 7:30 PSU Men's Ice Hockey vs Minnesota
<b>2</b> All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The American President" - CR 3:30 Rhapsody Series: 'A Chamber Music Odyssey'	<b>3</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 1:00 Library Committee - L 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 Gere's 100th Birthday Party - CR 2:45 Shopping at Weis/Giant 7:00 PSU Philharmonic Orchestra 7:30 Poker - AR	<b>4</b> 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Healthy Aging Lecture Series: Risky Business: Neural Navigation of Decision Making - CR 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: Sense and Sensibility" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour celebrating Mardi Gras w/ The Deacons of Dixieland - CL	<b>5</b> 8:30 Total Body Circuit - LD 9:30 Introduction to Sumi-e (Japanese Black Ink Painting) - AR 10:00 Water Fitness - P 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Trivial Pursuit - LD 2:00 St. Paul's Methodist Communion Service - CR 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 7:00 PSCS Presents: How to Succeed in Business without really Trying	<b>6</b> 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 1:00 Mah-Jongg - AR 2:00 Celebration of Life for Dave Schirm - CL 3:15 Line Dancing - LD 7:00 PSU Concert and Symphonic Bands	<b>7</b> 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:15 Gym Circuit - FC 10:00 Residents' Council Agenda Setting - LD 10:00 Water Fitness - P 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	<b>8</b> All Day Ping Pong - LD 12:00 LD Reserved (JCarr) - LD

<p><b>9</b> 8:30 Transportation to Church 12:00 LD Reserved (PS) - LD 2:00 Sunday Movie: "The Sound of Music" - CR</p>	<p><b>10</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Everyone Talking - AR 11:00 Resident Council Meeting - CR 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 First Monday Knitting Group - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p><b>11</b> 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Resident Annual Fund - AR 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p><b>12</b> 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:30 Introduction to Sumi-e (Japanese Black Ink Painting) - AR 10:00 Water Fitness - P 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</p>	<p><b>13</b> 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 9:15 Massage Therapist - DO 10:15 Water Aerobics - P 11:00 Sight-Loss Support Group Meeting 1:00 Mah-Jongg - AR 2:30 Food Committee - LD 3:15 CANCELLED ** Line Dancing - LD</p>	<p><b>14</b> 8:45 Schlow Library 10:00 Recycling Committee - AR 10:30 Mind Care Presentation - CR 12:45 Duplicate Bridge - LD 4:30 Happy Hour - CL</p>	<p><b>15</b> All Day Ping Pong - LD 12:30 Met Opera Live: Fidelio</p>
<p><b>16</b> All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "On Her Majesty's Secret Service" - CR 3:00 PSU Men's Gymnastics vs Nebraska</p>	<p><b>17</b> All Day Pick up March Madness bracket - FC 9:00 Total Body Circuit 10:00 Movie Committee - AR 10:00 Water Fitness 1:00 Activities Committee - LD 1:30 CR Reserved (SJ) - CR 1:30 AR Reserved (JH) - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p><b>18</b> 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 11:30 CR Reserved (MG) - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Must Love Dogs" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 3:30 The McCourtney Institute for Democracy presents: Dahlia Lithwick: "The Supreme Court and the 2024 Election" 4:30 Social Hour w/Sentimental Journey - CL</p>	<p><b>19</b> All Day Return March Madness Bracket to Fitness Center - FC 8:30 Total Body Circuit - LD 9:30 Introduction to Sumi-e (Japanese Black Ink Painting) - AR 10:00 Water Fitness - P 10:00 Shoe Fly Shoe Sale - SSCR 10:30 Happy Valley Hannah - CR 1:00 CANCELLED** Balance Basics - ER 1:30 CANCELLED** Chair Yoga - ER 3:00 Poetry Reading - LD 3:00 Church Services - CR</p>	<p><b>20</b> 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 10:00 Town Hall - CR 10:15 Water Aerobics - P 11:30 History Lesson w/ Ferro - CR 12:00 Bowling &amp; Lunch at Northland 1:00 Mah-Jongg - AR 2:00 History Lesson w/ Ferro - CR 3:15 Line Dancing - LD</p>	<p><b>21</b> 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:30 The Origin of Modern Geosciences - Plate Tectonics: The disruptive, ongoing revolution in the Earth Sciences - CR 11:00 AR reserved (DA) - AR 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</p>	<p><b>22</b> All Day Ping Pong - LD 1:30 Frontiers of Science lecture: "A tale of two gases: Classical and quantum" 2:00 Saturday Afternoon Tea - PDR</p>
<p><b>23</b> All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The Ministry of Ungentlemanly Warfare" - CR</p>	<p><b>24</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 10:30 Delta Program (SCAHS) Poetry Collaboration with Seniors - CR 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 Lion's Den reserved (CP) - LD 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p><b>25</b> 8:30 Guarded Swim - P 9:00 CR Reserved (AP) - CR 9:15 Mindful Movement - LD 10:00 Writing for yourself, with Jackie Hook - AR 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p><b>26</b> 8:30 Total Body Circuit - LD 9:30 New Resident Information Session - BIS 9:30 Introduction to Sumi-e (Japanese Black Ink Painting) - AR 10:00 Water Fitness - P 1:00 Balance Basics - ER 1:00 Making Life Good Again - AR 1:30 Chair Yoga - ER 2:00 Gardening Club - LD 2:00 Caring for a Loved One and Ourselves - AR 2:30 Wine Tasting - SSCR 3:00 Church Services - CR</p>	<p><b>27</b> 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 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 2:00 LD Reserved (KV) - LD 3:00 Ice Cream Social - CR 4:00 Line Dancing - CR 7:00 PSU Presents: 'Dear Evan Hansen'</p>	<p><b>28</b> 8:30 Total Body Circuit - LD 8:45 Breakfast Outing @ Waffle Shop West 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 SSCR Reserved (Fun) - SSCR 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 6:30 PSU Men's Volleyball vs Charleston</p>	<p><b>29</b> All Day Ping Pong - LD 3:15 Nittany Valley Benefit Dinner</p>

<b>30</b> All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "Australia" - CR	<b>31</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 12:00 Podiatry Appointments - AS 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:45 Shopping at Weis/Giant 7:30 Poker - AR					
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