



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Marketing Ambassadors - LD 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Quiz Show" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	2 8:30 Total Body Circuit - LD 9:15 Visit to the PSU Deer Research Center 9:30 Visit to the PSU Deer Research Center 10:00 Water Fitness - P 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Trivial Pursuit - LD 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 6:30 The Addams Family	3 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 3:15 Line Dancing - LD	4 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 10:30 Less is More w/Mary Kay Cosmetics Consultant, Trish Shallenberger - AR 10:30 Exoplanets as windows into exotic planetary geology across the galaxy - CR 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 6:30 PSU Men's Volleyball vs Sacred Heart	5 All Day Ping Pong - LD 2:00 Scrabble - LD 2:30 PSU Men's Volleyball vs Sacred Heart

<p>6 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The Sandlot" - CR 2:15 State College Area Municipal Band Spring/Side by Side Concert 7:00 Musical Interludes: Ziyao (Annie) Huang & piano group - CR</p>	<p>7 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 1:30 Chair Yoga - ER 2:00 First Monday Knitting Group - AR 2:45 Shopping at Weis/Giant 3:00 CR Reserved (JH) - CR 7:30 Poker - AR</p>	<p>8 8:30 Sweatin' to the Oldies - CR 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>9 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 ZOOM Art Class: Landscapes in Watercolor with Adam Adkison - AR 10:00 Water Fitness - P 11:45 Juliet's Luncheon 1:00 Making Life Good Again - AR 1:00 CANCELLED** Balance Basics - ER 1:30 CANCELLED** Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AR 3:00 Church Services - CR 3:30 Colloquium on the Environment Keynote: Eric Klinenberg 6:00 Lenten Musical @ Grace Lutheran Church</p>	<p>10 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 SSCR Reserved (Fun) - SSCR 10:15 Water Aerobics - P 10:30 2nd Visit~SCAHS Delta Program Poetry Collaboration - CR 11:00 Sight-Loss Support Group Meeting 1:00 Mah-Jongg - AR 3:15 Line Dancing - LD 7:00 PSCS: Love's Labour's Lost: The Musical</p>	<p>11 8:30 Total Body Circuit - LD 8:45 Schlow Library 9:15 Gym Circuit - FC 10:00 Recycling Committee - AR 10:00 Water Fitness - P 12:45 Duplicate Bridge - LD 1:00 Balance Basics - ER 1:00 Social Bridge - AR 1:15 Tour of PSU Horse Barn 1:30 Chair Yoga - ER 4:30 Happy Hour - CL</p>	<p>12 All Day Ping Pong - LD</p>
<p>13 All Day Ping Pong - LD 8:30 Transportation to Church 1:30 Guided tour of the Columbus Chapel & Boal Mansion Museum 2:00 Sunday Movie: "Annie Hall" - CR</p>	<p>14 8:30 Total Body Circuit - LD 9:00 Massage Therapist - DO 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Everyone Talking - AR 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 Reaching Out Committee - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p>15 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 10:30 Healix Infusion Wellness - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:30 Easter Egg Hunt w/Libby - PP 2:00 Tuesday Movie: "12 Angry Men" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 4:30 Karaoke with Joker Entertainment - CL 4:30 The McCartney Institute for Democracy presents: America's "Slow Civil War"</p>	<p>16 8:30 Total Body Circuit - LD 9:00 ZOOM Art Class: Landscapes in Watercolor with Adam Adkison - AR 10:00 Water Fitness - P 10:00 A Soldiers Hand Work Session - CR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Cooking with Sous Chef Renee - CL 3:00 Poetry Reading - LD 3:00 Church Services - CR</p>	<p>17 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 *CANCELLED*Town Hall - CR 10:15 Water Aerobics - P 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AR 2:00 History Lesson w/ Ferro - CR 3:15 Line Dancing - LD 4:45 Dinner Outing at Duffy's Tavern</p>	<p>18 All Day GOOD FRIDAY 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 4:30 Happy Hour - CL 5:30 PSU Men's Lacrosse vs Rutgers 6:30 PSU Men's Volleyball vs Princeton</p>	<p>19 All Day Ping Pong - LD 11:45 Earth Day State College 2:30 PSU Men's Volleyball vs Princeton</p>

<p>20 All Day EASTER All Day Ping Pong - LD 8:30 Transportation to Church</p>	<p>21 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 1:00 Activities Committee - LD 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</p>	<p>22 All Day Earth Day 8:30 Guarded Swim - P 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 2:00 Volunteer Appreciation Event: Thank you Treats & Talents - CR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 5:30 PSU Men's Baseball vs West Virginia</p>	<p>23 8:30 Total Body Circuit - LD 9:00 ZOOM Art Class: Landscapes in Watercolor with Adam Adkison - AR 10:00 Water Fitness - P 10:30 "A Military Perspective of the Russo-Ukrainian War " - CR 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 2:00 Wine Tasting - SSCR 3:00 Church Services - CR</p>	<p>24 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 American Red Cross Blood Drive - CR 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 - SSCR 4:00 Line Dancing - LD 5:00 Free Medicare Seminar 5:30 Rose Cologne Dinner/Volunteer Recognition</p>	<p>25 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 - AR 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 3:45 Earth Day Birthday @ The Keiko Ross Student Farm 4:30 Happy Hour - CL 6:45 Nittany Valley Symphony: Timeless Treasures</p>	<p>26 All Day Ping Pong - LD 12:30 Met Opera: Le Nozze di Figaro 1:15 PSU Football Blue and White Game</p>
<p>27 All Day Ping Pong - LD 8:30 Transportation to Church 12:45 Drop in visit at The Palmer Art Museum 2:00 Sunday Movie: "The Second Best Exotic Marigold Hotel" - CR 7:00 Musical Interludes: Professor Sarah Schouten's Horn Group - CR</p>	<p>28 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 11:00 Poster Presentation with Tanner, Fitness Intern - CR 12:00 Podiatry Appointments - AS 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>29 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 K9 Demonstration - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p>30 8:30 Total Body Circuit - LD 9:00 ZOOM Art Class: Landscapes in Watercolor with Adam Adkison - AR 10:00 Water Fitness - P 10:30 Pennsylvania's Bird Atlas- Mapping Bird Response to a Changing World - CR 1:00 CANCELLED** Balance Basics - ER 1:30 CANCELLED **Chair Yoga - ER 2:00 St. Paul's Methodist Communion Service - CR 4:15 Altoona Curve Baseball vs Akron</p>			