



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 10:00 Residents' Council Agenda Setting - LD 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 7:00 "Callanish Celtic Band, featuring Bruce Young on Vocals" - CR 7:00 LD Reserved - LD	2 All Day Ping Pong - LD 1:00 VPS Opera: La Grande-Duchesse de Gérolstein - CR 6:15 Millbrook Playhouse presents: "Honky Tonk Angels"
3 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Far and Away" - CR 5:15 South Hills Concert Series: Eric Ian Farmer Quartet	4 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Resident Council Meeting - CR 12:00 Podiatry Appointments - AR 1:00 Library Committee - L 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:00 First Monday Knitting Group - LD 2:45 Shopping at Weis/Giant 7:30 Poker - AR	5 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 11:00 SSCR Reserved (GD) - SSCR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Fool's Gold" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	6 8:30 Total Body Circuit - LD 9:00 Silk Painting with Erin Welsh - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:00 SSCR Reserved (MS/PW) - SSCR 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 3:00 Poetry Circle - LD 4:30 DelGrosso's Spaghetti Wednesday	7 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 11:15 Golf - PG 1:00 Mah-Jongg - AR 3:15 Line Dancing - LD	8 8:30 Total Body Circuit - LD 8:45 Schlow Library 10:00 Recycling Committee - AR 10:00 Water Fitness - P 10:30 Tour of The American Philatelic Center & lunch @ Governor's Pub 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	9 All Day Ping Pong - LD 2:00 Scrabble - LD 3:00 CR Reserved (KS) - CR

10 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "West Side Story" - CR 5:15 South Hills Concert Series: Nittany Valley Wranglers	11 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 AR Reserved (MS) - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR	12 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	13 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 10:00 Water Fitness - P 11:00 Bocce Ball - BC 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Geocaching	14 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 10:15 Water Aerobics - P 11:15 Golf - PG 1:00 Mah-Jongg - AR 2:00 Cooking with Sous Chef Renee - CL 3:15 Line Dancing - LD	15 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Optimizing Brain Health with Nutrition - CR 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	16 All Day Ping Pong - LD 10:00 CR Reserved (JL) - CR
17 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Shrek 2" - CR 5:15 South Hills Concert Series: La Fiesta Band	18 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	19 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 10:30 LD Reserved (JB) - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "An Ideal Husband" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:15 Altoona Curve Baseball vs Reading 4:30 Social Hour - CL	20 8:30 Total Body Circuit - LD 9:00 Silk Painting with Erin Welsh - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Geocaching 3:00 Poetry Circle - LD	21 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 11:00 Senior Citizens Day at the Grange Fair 11:15 Golf - PG 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AR 2:00 History Lesson w/ Ferro - CR 3:15 Line Dancing - LD 4:30 PSU Men's Soccer vs Stetson	22 8:30 Total Body Circuit - LD 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 1:30 Catholic Communion - CR 2:00 Mini Golf at Tussey Mt. 4:30 Happy Hour - CL	23 All Day Ping Pong - LD 9:45 Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc. 1:00 Mystery Ride and Ice Cream Outing w/Barb
24 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Reagan" - CR 5:15 South Hills Concert Series: Zeropoint Big Band	25 All Day Banana Split Day - CR 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 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	26 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 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	27 8:30 Total Body Circuit - LD 9:00 Silk Painting with Erin Welsh - AR 10:00 Water Fitness - P 10:30 Widows of the Greasy Grass w/Ken Healy - CR 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:00 Making Life Good Again - AR 1:00 Gardening Club - LD 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AR 3:00 Church Services - CR 3:00 Geocaching	28 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 11:15 Golf - PG 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 2:00 LD Reserved (KV) - LD 3:00 Ice Cream Social - CR 3:15 Line Dancing - LD	29 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Blue Mars - The search for an ancient ocean on the red planet - CR 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	30 All Day Ping Pong - LD 2:00 PSU Football vs Nevada 2:45 HOME - PSU Football vs Nevada

31 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Mary Poppins" - CR						
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