



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|---|
| | 1 All Day LABOR DAY 1:00 Library Committee - L 7:30 Poker - AR | 2 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 Tuesday Movie: "Draft Day" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL | 3 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Bocce Ball - BC 1:00 Balance Basics ** ROOM CHANGE - LD 1:30 Chair Yoga ** ROOM CHANGE - LD 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 3:00 Geocaching 3:00 Poetry Circle - LD | 4 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 2:00 Harriette & Bob Casnoff's 100th Birthday Party - CR 3:15 Line Dancing - LD | 5 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 7:30 PSU Women's Volleyball vs Kentucky | 6 All Day Ping Pong - LD 10:30 HOME - PSU Football vs FIU 11:15 PSU Football vs FIU 12:00 PSU vs FIU on the Big Screen - CR |
| 7 All Day Ping Pong - LD 8:00 Transportation to Church 1:30 PSU Women's Volleyball vs New Hampshire 2:00 Sunday Movie: "Hunger Games: Catching Fire" - CR 3:30 Rhapsody Series: Then and Now | 8 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 9:30 Encompass Health Outing: Brain Exercises to Keep Your Mind Sharp 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 | 9 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:45 Take a Stroll around the Arboretum @ PSU 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 6:30 PSU Women's Volleyball vs Bucknell | 10 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Bocce Ball - BC 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 3:00 Geocaching 7:00 Ulysses Owens Jr. Big Band | 11 7:30 Bird Walk at the Arboretum 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 2:30 Food Committee - LD 3:15 Line Dancing - LD | 12 8:30 Total Body Circuit - LD 8:45 Schlow Library 10:00 Recycling Committee - AR 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 | 13 All Day Ping Pong - LD 2:00 PSU Football vs Villanova 2:45 PSU Football vs Villanova 3:30 PSU vs Villanova on the Big Screen - CR |

| | | | | | | |
|---|--|--|--|---|--|---|
| 14 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Braveheart" - CR 2:30 PA Chamber Orchestra: Strings in Motion | 15 8:30 Total Body Circuit - LD 9:00 Massage Therapist - DO 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 12:00 Podiatry Appointments - AR 1:00 Activities Committee - LD 1:00 Balance Basics - ER 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:30 Reaching Out Committee - LD 2:45 Shopping at Weis/Giant 7:30 Poker - AR | 16 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 10:30 Healthy Brain Aging Webinar- What You Can Do to Improve Your Brain Health UC Davis Health - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Ticket to Paradise" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL | 17 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 From Memories to Manuscript: Turning Your Life Story into a Cherished Book - CR 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 6:30 PSU Women's Volleyball vs Pittsburgh | 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 10:00 Town Hall - CR 10:15 Water Aerobics - P 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 3:45 10th Annual Student Farm Harvest Fest | 19 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:00 SSCR Reserved (Fun) - SSCR 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 5:00 Centre Stage Sneak Preview 6:30 PSU Women's Volleyball vs Princeton | 20 All Day Ping Pong - LD 12:30 Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc. 3:15 Nittany Valley Amish Benefit Dinner |
| 21 All Day Ping Pong - LD 8:00 Transportation to Church 1:30 PSU Women's Volleyball vs Central Michigan 2:00 Sunday Movie: "The Man with the Golden Gun" - CR 2:15 Nittany Valley Symphony: Romance and Reverie | 22 8:30 Total Body Circuit - LD 9:00 Uhring's Audiology hearing aid cleanings - DO 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 | 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 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 7:30 PSU Men's Soccer vs Maryland | 24 8:30 Total Body Circuit - LD 9:30 New Resident Information Session - BIS 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 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 | 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 11:15 Golf - PG 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 1:30 The Medicare Roadmap: Navigating 2025 with Confidence - CR 2:00 LD Reserved (KV) - LD 3:00 Ice Cream Social - CR 3:15 Line Dancing - LD | 26 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 4:30 Happy Hour w/ Sentimental Journey - CL 7:30 PSU Women's Volleyball vs USC | 27 All Day Ping Pong - LD 6:00 HOME - PSU Football vs Oregon 6:45 PSU Football vs Oregon 7:30 PSU vs Oregon on the Big Screen - CR |
| 28 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Fiddler on the Roof" - CR 7:00 Musical Interludes w/Melody Quah - CR | 29 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 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 | 30 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 10:30 Get to Know Bethaney Tessitore, Au.D. (Albrecht Audiology) - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:30 Celebration of Life for VPS Residents - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 6:30 PSU Men's Soccer vs Robert Morris | | | | |