



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 - ER 1:30 Chair Yoga - ER 1:30 Letters to Beverly Presentation - CR 3:00 Church Services - CR 3:00 AS Reserved (HR) - AR 3:00 Geocaching 3:00 Poetry Circle - LD	2 8:00 "Early Birds" go to Wegmans 8:00 AR reserved for studio art time - AR 8:00 SSCR Reserved (NW) - SSCR 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:15 Water Aerobics - P 10:15 Residents' Council Agenda Setting - LD 10:30 Roundtable w/Dr. Ferro - CR 11:15 Golf - PG 1:00 Mah-Jongg - AR 3:15 Line Dancing - LD	3 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:00 CR Reserved (EC) - CR 9:45 Walking tour of Historic College Heights District 10:00 Water Fitness - P 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:00 CR Reserved (Tailgate Committee) - CR 4:30 Happy Hour - CL 7:30 PSU Women's Volleyball vs Nebraska	4 All Day Ping Pong - LD 11:00 Celebration of Life for Robin Ward Savage 12:30 Way Fruit Farm Harvest Craft Show 3:00 PSU Football vs UCLA Tailgate - CR

5 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 Chicken BBQ Fundraiser 2:00 Sunday Movie: "As Good as it Gets" - CR 3:30 PSU School of Music: Philharmonic Orchestra	6 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 7:00 UU FCC Music Series w/PSU School of Musicbassist Aaron White 7:30 Poker - AR	7 8:30 Guarded Swim - P 9:00 Bellefonte Art Museum: "Heralding Utopias Exhibit" 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: "Going in Style" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	8 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 Watercolor Art Class w/Lena - AR 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Bocce Ball - BC 11:45 Juliet's Luncheon 12:00 LD Reserved (ND) - LD 1:00 Making Life Good Again - AR 1:00 Balance Basics - ER 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 MOMIX "Alice"	9 All Day PSU Men's Ice Hockey vs Clarkson 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 11:00 Sight-Loss Support Group Meeting 11:15 Golf - PG 1:00 Mah-Jongg - AR 3:15 Line Dancing - LD	10 8:30 Total Body Circuit - LD 8:45 Schlow Library 8:45 Breakfast Outing: Kitchen Garden 10:00 Recycling Committee - AR 10:00 Water Fitness - P 10:30 "The Formation of the Moon" - CR 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:00 PSU Homecoming Parade 4:30 Happy Hour - CL	11 All Day HOME - PSU Football vs Northwestern All Day Ping Pong - LD 6:30 *TRANSPORTATION PENDING* PSU Women's Volleyball vs Northwestern
12 All Day Ping Pong - LD 8:00 Transportation to Church 1:30 Drop-in Tour @ Palmer Museum of Art: Indigenous Peoples' Day 2:00 Sunday Movie: "Rebecca" - CR 3:30 PSU School of Music Rhapsody Series: "No Strings Attached!"	13 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 Reaching Out Committee - 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	14 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:00 Resident Annual Fund - AR 10:00 LD Reserved - Gift Shop Committee - LD 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	15 8:30 Total Body Circuit - LD 9:00 Watercolor Art Class w/Lena - AR 10:00 Water Fitness - P 10:30 Quarterback Club Meeting 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Annual VPS Harvest Fest - BA 2:00 St. Paul's Methodist Communion - CR 3:00 Geocaching 3:00 Poetry Circle - LD	16 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 10:45 Tour of Nittany Lion Inn & Lunch @ Lionne 11:15 Golf - PG 1:00 Mah-Jongg - AR 3:15 Line Dancing - LD	17 All Day PSU Men's Ice Hockey vs LIU 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 An overview of Lantern Light Learning, LLC: Personalized mentoring on your iPhone, iPad, and other Apple devices - CR 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:30 Happy Hour - CL 6:00 Pumpkin Fest @ PSU Arboretum 7:00 Chamber Orchestra Symphonic Wind Ensemble (PSU School of Music)	18 All Day Ping Pong - LD All Day PSU Football vs Iowa on the big screen All Day PSU Men's Ice Hockey vs LIU 1:00 PSU School of Music: Dimensions in Jazz

19 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Women's Basketball (Exhibition) vs California (PA) 1:30 PSU School of Music: Campus Band and Symphonic Band 2:00 Sunday Movie: "From the Terrace" - CR	20 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 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 5:30 PSU Men's Soccer vs Washington 7:30 Poker - AR	21 8:30 Guarded Swim - P 9:00 CR Reserved (AP) - CR 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 11:00 Pumpkin Decorating - AR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "84 Charing Cross Road" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	22 8:30 Total Body Circuit - LD 9:00 Watercolor Art Class w/Lena - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 1:00 Making Life Good Again - AR 1:00 Gardening Club - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Caring for a Loved One and Ourselves - AR 2:30 Wine Tasting - SSCR 3:00 Geocaching 3:00 Church Services - CR	23 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	24 All Day PSU Men's Ice Hockey vs Stonehill 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 4:30 Happy Hour - CL 6:30 PSU Women's Volleyball vs Rutgers	25 All Day Ping Pong - LD All Day PSU Ice Hockey vs Stonehill 12:30 Seven Mountains Winery afternoon
26 All Day Ping Pong - LD All Day PSU Men's Basketball vs Shippensburg (Exhibition) 8:00 Transportation to Church 2:00 Sunday Movie: "War of the Worlds" - CR 3:30 State College Choral Society	27 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	28 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 John Larson presents: "An Engineer Becomes a Photographer" - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:15 Line Dancing - CR 2:30 Murder Mystery Party - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	29 8:30 Total Body Circuit - LD 9:00 Watercolor Art Class w/Lena - AR 10:00 Water Fitness - P 10:00 AWE presentation with an experiential outing - CR 10:30 Quarterback Club Meeting 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Geocaching 7:00 Centre Stage Presents: Crazy for You	30 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 2:15 Line Dancing - CR 3:00 Ice Cream Social - CR 7:00 Isidore String Quartet	31 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 11:00 Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 4:30 Happy Hour & Halloween Costume Party - CL	