



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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 First Monday Knitting Group - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR	2 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:30 Nature Sketching @ The Palmer 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Play it again, Sam" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 5:30 PSU Men's Basketball vs Campbell 7:00 An Evening with Neil deGrasse Tyson An Astrophysicist Goes to the Movies – Part 1	3 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - 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 Poetry Circle - LD 3:00 Christmas Caroling and Worship w/Grace Lutheran Church - CR 6:00 Free Screening of the Movie "Contact" & a Panel following	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 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 Cookie Day Celebration - 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 Social Bridge - AR 1:30 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 CL Reserved - CL 4:30 Happy Hour - CL 5:00 Lemont Christmas Market	6 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 9:30 Winter Craft Market 12:30 PSU Women's Basketball vs Nebraska

7 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Wrestling vs Lehigh 2:00 Sunday Movie: "Die Hard" - CR 3:30 Mosiac: PSU SOM's popular student showcase	8 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 AR Reserved (MS) - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR	9 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 9:30 Are You in Control? Individual and Social Determinants of Healthy Brain Aging 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 Basketball vs Arizona State 7:00 Bellefonte Community Band Holiday Concert - CR	10 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 11:45 Juliet's Luncheon 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 2:00 St. Paul's Methodist Communion - CR	11 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 Shoe Fly Sales Event - SSCR 10:15 Water Aerobics - P 11:00 Sight-Loss Support Group Meeting 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:30 "Artificial Intelligence and its impact on the Stock Market." - CR 3:15 Line Dancing - LD 7:00 Trivia Night with Joker Entertainment - CR	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 11:00 Staff Appreciation Lunch - DRI 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Staff Appreciation Party - CR 4:30 Happy Hour - CL 4:30 Ugly Christmas Sweater Party - CL	13 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 11:30 PSU Men's Basketball vs Michigan State 12:30 Met Opera: Andrea Chénier 3:00 Christmas Carolling with the Orpheus Singers - CR 4:00 Winter's Glow @ PSU Arboretum
14 HANUKKAH BEGINS All Day Ping Pong - LD 8:00 Transportation to Church 1:30 Nittany Ballet's The Nutcracker 2:00 Sunday Movie: "Mutiny on the Bounty" - CR	15 8:30 Total Body Circuit - LD 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 2:45 Shopping at Weis/Giant 7:30 Poker - AR	16 8:30 Guarded Swim - P 9:15 Mindful Movement - LD 10:15 Water Aerobics - P 11:00 Gingerbread House Decorating - AR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Tuesday Movie: "Three Days of the Condor" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 6:00 Atrium Outing 7:15 State High Boys Basketball vs CD East	17 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:30 WPSU Public Broadcasting & Local News Update - CR 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:00 Gardening Club - LD 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Poetry Circle - LD 4:00 Dinner @ The Dream & Lights on the Lake	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 11:30 History Lesson w/ Ferro - CR 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 History Lesson w/ Ferro - CR 3:15 Line Dancing - LD	19 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:00 Christmas Caroling w/Third Graders from Spring Creek Elementary - 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 2:15 Holiday Name That Tune - CR 4:30 Happy Hour with Sentimental Journey - CL	20 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 9:30 Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc 4:00 CR Reserved (BW) - CR
21 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Sunday Movie: "Holiday Inn" - CR	22 HANUKKAH ENDS 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 2:45 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 3:00 Holiday Door Tour - L1 4:30 Social Hour - CL 7:00 Holiday Sing-Along with Hope Coder - CR	24 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:30 Wine Tasting - SSCR 3:00 Church Services - CR	25 CHRISTMAS DAY 8:00 AR reserved for studio art time - AR	26 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 Catholic Communion - CR 1:30 Chair Yoga - ER 4:30 Happy Hour - CL	27 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 1:00 Opera at the Village will present La Boheme - CR

28 All Day Ping Pong - LD 8:00 Transportation to Church 10:30 Grace Between Us - CR 1:00 Bev Kiehl's Funeral Service 2:00 Sunday Movie: "Brigadoon" - CR 4:30 State High Basketball Team Meet & Greet - CR	29 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 12:30 PSU Men's Basketball vs North Carolina Central 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	30 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 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 New Year's Eve Party @ Social Hour - CL	31 NEW YEAR'S EVE 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 11:00 Bocce Ball - BC 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 1:30 PSU Women's Basketball vs UCLA 3:00 Church Services - CR			
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