



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | 1 NEW YEAR'S DAY 8:00 AR reserved for studio art time - AR 1:00 Mah-Jongg - AR | 2 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 10:00 Water Fitness - P 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 | 3 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 2:00 Scrabble - LD |
| 4 All Day Ping Pong - LD 8:00 Transportation to Church 12:00 Musical Interludes: Trumpet Group - CR 2:00 Movie: "Man of Steel" - CR 4:30 PSU Men's Ice Hockey vs RIT | 5 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 | 6 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 Movie:"Final Destination" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 6:30 PSU Men's Basketball vs Michigan 7:00 Musical Interludes: PSU SOM on a dual viola recital - CR | 7 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:30 Roundtable w/Dr. Ferro - CR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Poetry Circle - LD | 8 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 11:00 Sight-Loss Support Group Meeting 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 3:15 Line Dancing - LD 5:30 PSU Women's Basketball vs Michigan | 9 8:30 Total Body Circuit - LD 8:45 Schlow Library 10:00 Recycling Committee - AR 10:00 Water Fitness - P 10:00 Residents' Council Agenda Setting - LD 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 5:30 PSU Men's Ice Hockey vs Minnesota | 10 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 12:30 Met Opera: I Puritani 2:30 PSU Men's Volleyball vs Manhattan 3:30 PSU Wrestling vs Rutgers 5:30 PSU Men's Ice Hockey vs Minnesota |
| 11 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Men's Gymnastics vs Army 2:00 Movie: "McLintock" - CR 2:30 PSU Women's Basketball vs Illinois | 12 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 Reaching Out Committee - AR 2:45 Shopping at Weis/Giant 7:30 Poker - AR | 13 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 2:00 PA Simple Cremation Presentation - CR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL | 14 9:00 Albrecht Audiology - DO 9:00 AR Reserved For Arts & Crafts - AR 10:30 No Matter What Class of People: The Black Death in Europe 1346 – 1353 - CR 11:45 Juliet's Luncheon 1:00 Making Life Good Again - AR 2:00 Caring for a Loved One and Ourselves - AR 3:00 Church Services - CR 5:45 “In the Moon of Wintertime” Concert 8:00 PSU Men's Basketball vs UCLA | 15 8:00 "Early Birds' go to Wegmans 8:00 AR reserved for studio art time - AR 10:00 Town Hall - CR 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AR 2:00 History Lesson w/ Ferro - CR 6:30 PSU Men's Volleyball vs St. Thomas Aquinas | 16 9:30 Sound and Vision Exhibit @ Bellefonte Art Museum 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Music Bingo - CR 4:30 Happy Hour - CL 6:15 PSU Men's Ice Hockey vs Notre Dame 6:15 Friday Night Happy Valley Improv | 17 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 2:00 Saturday Afternoon Tea - PDR 6:30 PSU Men's Volleyball vs Lewis 7:30 PSU Men's Ice Hockey vs Notre Dame |

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| 18 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Women's Basketball vs Rutgers 2:00 Movie: "Moonracker" - CR 2:30 Chamber Orchestra: Romantic Reflections | 19 MARTIN LUTHER KING DAY 10:00 Movie Committee - AR 12:00 Podiatry Appointments - AR 1:30 CR Reserved (SJ) - CR 2:45 Shopping at Weis/Giant 7:30 Poker - AR | 20 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 Movie: "The Verdict" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL | 21 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:00 Junk & Scam Messages: Awareness & Prevention - CR 1:00 Balance Basics - ER 1:00 Activities Committee - LD 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Poetry Circle - LD | 22 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 Differences Between Over-The-Counter (OTC) & Prescription Hearing Aids - CR 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 LD Reserved (JO)) - LD 3:15 Line Dancing - LD 6:30 PSU Men's Basketball vs Wisconsin | 23 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Navigating a Warming World: Human Migration in the Age of Climate Change - CR 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 Wrestling vs Indiana 7:00 State High Boys BB vs Carlisle | 24 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 10:30 Ashtekar Frontiers of Science Lecture Series 2:00 Jane Thomas's 90th Birthday Party - CR |
| 25 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Around the World in 80 Days" - CR | 26 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 | 27 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 7:00 DRUM TAO The Best | 28 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 9:30 New Resident Information Session - BIS 10:00 Water Fitness - P 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 Church Services - CR 5:30 PSU Women's Basketball vs Minnesota | 29 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 11:45 Romeo Luncheon Outing 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:15 TIME CHANGE** Line Dancing - CR 3:00 Ice Cream Social - CR 7:00 PSU SOM: Guest Artist Recital: Alessandro Minci, classical guitar | 30 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 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 - CL 5:30 PSU Men's Ice Hockey vs Michigan State 5:30 PSU Men's Volleyball vs Hawaii 7:30 PSU Wrestling vs Nebraska | 31 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 10:30 Ashtekar Frontiers of Science Lecture Series 12:15 PSU Men's Ice Hockey vs Michigan State 4:30 PSU Men's Volleyball vs Hawaii |
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