

**Village at Penn State  
Independent Living**

**March 2026**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Men's Gymnastics vs Springfield College 2:00 Movie: "Man of Steel" - CR 3:30 PSU SOM: Naomi Seidman Faculty Flute Recital</p>	<p><b>2</b> 8:30 Total Body Circuit - LD 9:15 CANCELLED** Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Indoor Bocce Ball - LD 1:00 Library Committee - L 1:00 CANCELLED **Balance Basics - ER 1:30 CANCELLED ** Chair Yoga - ER 2:00 First Monday Knitting Group - AR 2:45 Shopping at Weis/Giant 7:00 PSU SOM: Early Music Ensemble 7:00 Hadestown Musical 7:30 Poker - AR</p>	<p><b>3</b> 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Movie: Monty Python and the Holy Grail - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p><b>4</b> 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts &amp; Crafts - AR 10:00 Water Fitness - P 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Poetry Circle - LD 7:00 PSU Men's Basketball vs Ohio State</p>	<p><b>5</b> 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 3:15 Line Dancing - LD 6:30 PSU Men's Ice Hockey vs Wisconsin</p>	<p><b>6</b> 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 10:00 Residents' Council Agenda Setting - LD 10:00 Water Fitness - P 10:30 A Journey Through the REID Lab - CR 11:00 Indoor Bocce Ball - 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 6:30 PSU Men's Ice Hockey vs Wisconsin</p>	<p><b>7</b> All Day Ping Pong - LD 9:15 PSU Wrestling - Big Ten Championships 9:30 AR Reserved (Collage &amp; Company) - AR 2:00 Scrabble - LD 4:15 PSU Wrestling Big Ten Championships</p>
<p><b>8</b> Daylight Saving Time ~ Spring Forward All Day Ping Pong - LD 8:00 Transportation to Church 10:45 PSU Wrestling Big Ten Championships 11:15 PSU Wrestling Big Ten Championships 2:00 Movie: "Big Jake" - CR</p>	<p><b>9</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Everyone Talking - AR 11:00 Indoor Bocce Ball - LD 11:00 Resident Council Meeting - CR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p><b>10</b> 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 Resident Annual Fund - AR 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Hot Chocolate Bar with Brightstar - SSCR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p><b>11</b> 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 AR Reserved For Arts &amp; Crafts - AR 10:00 Water Fitness - P 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 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 3:00 Church Services - CR 3:30 Bellefonte Art Museum Poetry Reading - LD</p>	<p><b>12</b> 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 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 History Lesson w/ Ferro - CR 2:30 Food Committee - LD 3:15 Line Dancing - LD 6:45 Irish Music in the Speakeasy: Gamble Inn</p>	<p><b>13</b> 8:30 Total Body Circuit - LD 8:45 Schlow Library 10:00 Recycling Committee - AR 10:00 Water Fitness - P 10:15 Tour of the Millenium Science Complex 11:00 Indoor Bocce Ball - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 Strong Legs, Safe Steps Presentation - CR 4:30 Happy Hour - CL</p>	<p><b>14</b> All Day Ping Pong - LD 9:30 AR Reserved (Collage &amp; Company) - AR 2:00 Celebration of Life for Bobbie Scott - CR</p>

<p><b>15</b> All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "For Your Eyes Only" - CR</p>	<p><b>16</b> All Day BRAIN AWARENESS WEEK 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 10:30 BRAIN HEALTHY SNACKS SOCIAL - CR 11:00 Indoor Bocce Ball - LD 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</p>	<p><b>17</b> St. Patrick's Day 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 TOUR OF THE MRI LAB &amp; BRIEF NEUROSCIENCE LECTURE 10:15 Water Aerobics - P 10:30 Brain Activity - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Movie: "Waking Ed Devine" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p><b>18</b> 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts &amp; Crafts - AR 10:00 Water Fitness - P 10:30 "EMERGING TRENDS IN ALZHEIMER'S TREATMENT &amp; DIAGNOSTICS" - CR 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 1:45 Tour the Bubble on Campus 3:00 Church Services - CR 3:00 Poetry Circle - LD 7:00 Musical Interludes: PSU SOM ~ Clarinet Choir - CR</p>	<p><b>19</b> 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 Raised Gardeners Spring Meeting - LD 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 PSU NEUROSCIENCE INSTITUTE PANEL - CR 3:15 Line Dancing - LD 4:30 McCourtney Institute: America 250: The Declaration of Independence Today 7:00 NVS Presents: America at 250 Concert</p>	<p><b>20</b> First Day of Spring! 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 11:00 Indoor Bocce Ball - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 MUSIC BRAIN BINGO W/MEGAN - SSCR 4:30 Happy Hour - CL</p>	<p><b>21</b> All Day Ping Pong - LD 9:30 AR Reserved (Collage &amp; Company) - AR 11:30 Met Opera HD: Tristan und Isolde 2:00 Saturday Afternoon Tea - PDR 2:00 BAM Artist Talk ~ Ariel Okin - LD</p>
<p><b>22</b> All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Dial M for Murder" - CR 2:15 State College Choral Society presents "Comfort for the Living" 3:30 PSU SOM: Rhapsody Series: "A Soldier's Tale"</p>	<p><b>23</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 11:00 Indoor Bocce Ball - LD 12:00 Podiatry Appointments - AR 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 A Military Nurse ~ Doris Wurster, Lt Col, USAF Retired - CR 2:45 Shopping at Weis/Giant 7:30 Poker - AR</p>	<p><b>24</b> 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 9:45 LD Reserved (PSU) 10:00 Writing for yourself, with Jackie Hook - AR 10:00 Work Session for A Soldiers Hands - CR 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 3:30 Sustainability Showcase Keynote — Ethan Tapper, forester and author of "How to Love a Forest" 4:30 Social Hour - CL</p>	<p><b>25</b> 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts &amp; Crafts - AR 9:00 Tour and Information @ Pattee Library 10:00 Water Fitness - P 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 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</p>	<p><b>26</b> 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 2:00 LD Reserved (JO) - LD 2:15 Line Dancing - LD 3:00 Ice Cream Social - CR 7:00 Musical Interludes- SoM, The Graduate Brass Quintet - CR</p>	<p><b>27</b> 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Rainbows in Gemstones: The Science of Iridescent Minerals - CR 11:00 Indoor Bocce Ball - LD 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 5:30 PSU Men's Volleyball vs NJIT</p>	<p><b>28</b> All Day Ping Pong - LD 9:30 AR Reserved (Collage &amp; Company) - AR 2:00 PSU Men's Volleyball vs NJIT 2:30 PSU Men's Volleyball vs NJIT 3:15 Nittany Valley Amish Benefit Dinner</p>
<p><b>29</b> Palm Sunday All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Top Hat" - CR 3:30 PSU SOM: Rhapsody Series: Dialogue of Self and Soul 4:30 PSU Music Service Club Performance - CR</p>	<p><b>30</b> 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 11:00 Indoor Bocce Ball - LD 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</p>	<p><b>31</b> 8:30 Guarded Swim - P 8:30 Salinas Fitness Day - CR 9:15 Gentle Flow Yoga - LD 10:15 Water Aerobics - P 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>				

