



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Passover begins 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & 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 SoM Faculty Fools Concert	2 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 7:00 'Meet the Candidates' - CR	3 GOOD FRIDAY 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 10:00 Water Fitness - P 11:00 Indoor Bocce Ball - LD 11:30 CR Reserved (sides) - 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	4 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 2:00 Scrabble - LD
5 EASTER All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Easter Parade" - CR	6 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 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	7 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 Marketing Ambassadors - LD 10:15 Water Aerobics - P 10:30 Update on the Current Situation in the Middle East - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Movie: "Letters to Juliet" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour w/Sentimental Journey - CL 6:30 The Music Man Musical Comedy	8 8:30 Total Body Circuit - LD 9:00 Albrecht Audiology - DO 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:30 "Cognitive Health and Wellness" - CR 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 11:00 AR Reserved (JH) - AR 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	9 Passover Ends 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 7:00 Ukulele Orchestra of Great Britain 40th Anniversary Tour	10 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 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 7:00 Musical Interludes ~ PSU SoM- Musical Theater - CR	11 National Pet Day All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 2:00 Saturday Afternoon Tea - PDR 3:30 PSU Women's Volleyball vs Villanova

<p>12 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Crossfire Trail" - CR</p>	<p>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 11:00 Indoor Bocce Ball - LD 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</p>	<p>14 8:30 Guarded Swim - P 9:00 Massage Therapist - DO 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 1:00 *NOTE DAY CHANGE*Poetry Collaboration w/SCAMS - CR 2:15 Line Dancing - SSCR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL 7:00 Penn State Centre Stage Presents: "Our Town" 7:00 PSU SOM: Opera Theatre and Early Music Ensemble</p>	<p>15 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:00 Artificial Intelligence: The Good, The Bad and the Ugly! - CR 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 St. Paul's Methodist church communion service - CR 3:00 Church Services - CR 3:00 Poetry Circle - LD 7:00 Musical Interludes: Piano Duo - CR</p>	<p>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 9:45 Healthy Aging Lecture Series @ Foxdale 10:00 Town Hall - CR 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 3:15 Line Dancing - LD 5:30 Poetry Reading by Robin Becker 7:00 PSCR presents: Detroit 67</p>	<p>17 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 What is Reflexology? - AR 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 Dr. Michael McShane and the LION Mobile Clinic - CR 4:30 Happy Hour - CL 5:30 PSU Men's Volleyball vs George Mason</p>	<p>18 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 1:30 Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc 2:00 Scrabble - LD 2:30 PSU Men's Volleyball vs George Mason</p>
<p>19 All Day Ping Pong - LD 8:00 Transportation to Church 12:30 PSU Baseball vs Rutgers 1:30 PSU Women's Volleyball vs Maryland 2:00 Movie: "Friendly Persuasion" - CR</p>	<p>20 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 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 7:00 PSU Philharmonic Orchestra 7:30 Poker - AR</p>	<p>21 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: "The Postman Always Rings Twice" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p>22 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 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 1:00 Balance Basics - ER 1:00 Microgreens Workshop /Gardening Club - LD 1:30 Chair Yoga - ER 3:00 Church Services - CR 7:00 Musical Interludes: PSU SOM ~ Clarinet Studio - CR</p>	<p>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 American Red Cross Blood Drive - CR 10:15 Water Aerobics - P 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 LD Reserved (JO) - LD 2:00 Everyday Cooking w/ Sous Chef Renee - CL 3:15 Line Dancing - LD</p>	<p>24 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:30 Antarctic Ice Sheet stability and sea level rise in a changing climate - CR 11:00 Indoor Bocce Ball - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:15 Tour of the PSU Horse Barn 1:30 Chair Yoga - ER 1:30 Catholic Communion - CR 4:00 Earth Day Birthday @ The Dr. Keiko Miwa Ross Student Farm 4:30 Happy Hour - CL</p>	<p>25 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 11:15 PSU Blue and White Football Game</p>

<p>26 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "The Natural" - CR</p>	<p>27 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 10:30 Penn State Steady Thermal Aero Research Turbine (SMART) Lab - CR 11:00 Indoor Bocce Ball - LD 1:00 Balance Basics - ER 1:00 Podiatry Appointments - AR 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>28 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 Writing for yourself, with Jackie Hook - AR 10:15 Water Aerobics - P 10:30 It's Spring - Roll out the welcome mat for the Ruby-throated Hummingbird - CR 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Volunteer Appreciation Event - CR 2:15 Line Dancing - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p>29 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:30 Stroke Awareness & a rehabilitation approach - CR 11:00 Advanced Balance - ER 11:00 Ukulele Group - LD 1:00 Balance Basics - ER 1:00 Making Life Good Again - AR 1:30 Chair Yoga - ER 1:45 Sustainability Experience Center Tour 2:00 Caring for a Loved One and Ourselves - AR 3:00 Church Services - CR</p>	<p>30 8:00 "Early Birds" go to Wegmans 8:00 AR reserved for studio art time - AR 8:30 Body, Brain and Balance - LD 9:00 CR Reserved (Sides) - CR 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 - LD 3:00 Ice Cream Social - CR</p>		
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