



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 11:00 OUTDOOR Bocce Ball - BC 12:00 Podiatry Appointments - AR 12:00 SSCR Reserved - SSCR 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 7:30 Poker - AR	2 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:15 Water Aerobics - P 11:00 Golf - PG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Movie: "Sweet Home Alabama" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL	3 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 9:30 Penn State's Land Grant Frescoes On-site visit to Old Main 10:00 Water Fitness - P 10:00 The Music Academy & Village at Penn State Senior Satellite Program! - CR 11:00 Advanced Balance - ER 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 2:00 St. Paul's United Methodist Communion - CR 3:00 Church Services - CR 3:00 Poetry Circle - LD 3:00 Geocaching - L1	4 8:00 "Early Birds' go to Wegmans 8:00 AR reserved for studio art time - AR 8:15 Volunteer at the Student Farm 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:15 Water Aerobics - P 1:00 Mah-Jongg - AR 1:00 LD Reserved (AR) - LD 1:30 Advanced Balance - ER 1:30 SSCR Reserved (MC) - SSCR 3:15 Line Dancing - LD 5:00 Pizza Night and Music @ University Wine Company	5 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:30 Penn State's Land Grant Frescoes On-site visit to Old Main 10:00 Residents' Council Agenda Setting - LD 10:00 Water Fitness - P 11:00 OUTDOOR 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 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 2:00 Scrabble - LD

<p>7 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Where Eagles Dare" - CR</p>	<p>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 OUTDOOR Bocce Ball - BC 11:00 Resident Council Meeting - CR 11:30 Veteran's Appreciation Lunch 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>9 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 Resident Annual Fund - AR 10:15 Water Aerobics - P 11:00 Golf - PG 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 4:45 Altoona Curve Baseball vs Chesapeake</p>	<p>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 10:30 "Future of News and Our Democracy" - CR 11:00 Advanced Balance - ER 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 3:00 Geocaching - L1 3:30 Bellefonte Art Museum Poetry Reading - LD 5:15 Live After Five Summer Concert Series</p>	<p>11 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 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 3:15 Line Dancing - LD</p>	<p>12 8:30 Total Body Circuit - LD 8:45 Schlow Library 10:00 Recycling Committee - AR 10:00 Water Fitness - P 10:30 Roundtable w/Dr. Ferro - CR 11:00 OUTDOOR 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 w/Sentimental Journey - CL</p>	<p>13 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 12:00 LD Reserved (ES) - LD</p>
<p>14 All Day Ping Pong - LD 8:00 Transportation to Church 2:00 Movie: "Cat Ballou" - CR 2:00 Centred Outdoors Guided hike at Alan Seeger</p>	<p>15 8:30 Total Body Circuit - LD 9:00 Marketing Event 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Movie Committee - AR 11:00 OUTDOOR Bocce Ball - BC 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 3:00 AR Reserved (SCMA) - AR 3:00 LD Reserved (SCMA) - LD 3:30 CR Reserved (SCMA) 7:30 Poker - AR</p>	<p>16 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 New Resident MEET & GREET - CR 10:00 Go Icon App Download session - LD 10:15 Water Aerobics - P 11:00 Golf - PG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 Movie: "Barefoot in the Park" - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>	<p>17 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:00 Go Icon App Download session - LD 10:30 Swimming, flying, walking: the amazing world of aquatic insects - CR 11:00 Advanced Balance - ER 1:00 Balance Basics - ER 1:30 Chair Yoga - ER 3:00 Church Services - CR 3:00 Poetry Circle - LD 3:00 Geocaching - L1 4:30 Spaghetti Wednesday @ DelGrosso's</p>	<p>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 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 History Lesson w/ Ferro - CR 2:00 Everyday Cooking with Sous Chef, Renee - CL 3:15 Line Dancing - LD</p>	<p>19 8:30 CANCELLED** Total Body Circuit - LD 9:30 Shopping in Altoona & Lunch 10:00 CANCELLED** Water Fitness - P 10:00 LD Reserved (EC) - LD 10:30 Organic chemistry on the Bennu asteroid returned samples - CR 11:00 CANCELLED** Indoor Bocce Ball - LD 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 CANCELLED** Balance Basics - ER 1:30 CANCELLED** Chair Yoga - ER 4:30 Happy Hour - CL</p>	<p>20 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 11:00 2026 Historic Bellefonte Cruise 1:00 State College Juneteenth Block Party Celebration</p>

<p>21 Father's Day All Day Ping Pong - LD 8:00 Transportation to Church 3:00 BAM Artist Talk w/Art Heim - LD 6:30 Sinatra, Part 1 - CR</p>	<p>22 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Women Talking - AR 10:00 Go Icon Training - LD 10:30 Overview of UPMC Family Hospice Services followed by Advanced Care Planning Education - CR 11:00 OUTDOOR Bocce Ball - BC 1:00 Balance Basics - ER 1:00 Go Icon Training - LD 1:30 CR Reserved (SJ) - CR 1:30 Chair Yoga - ER 2:45 Shopping at Weis/Giant 3:00 AR Reserved (SCMA) - AR 3:00 LD Reserved (SCMA) - LD 3:30 CR Reserved (SCMA) 7:30 Poker - AR</p>	<p>23 8:30 Guarded Swim - P 9:15 Gentle Flow Yoga - LD 10:00 Writing for yourself, with Jackie Hook - AR 10:00 Go Icon Training - LD 10:15 Water Aerobics - P 11:00 Golf - PG 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 Bellefonte Community Band - CR</p>	<p>24 8:30 Total Body Circuit - LD 9:00 AR Reserved For Arts & Crafts - AR 10:00 Water Fitness - P 10:00 Go Icon Training - LD 11:00 Advanced Balance - ER 1:00 Making Life Good Again - AR 1:00 Balance Basics - ER 1:00 Succulent Workshop/Gardening Club - LD 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 3:00 Geocaching - L1</p>	<p>25 8:00 "Early Birds" go to Wegmans 8:00 AR reserved for studio art time - AR 8:15 Volunteer at the Student Farm 8:30 Body, Brain and Balance - LD 9:15 Drum Fitness - LD 10:00 Go Icon Training - LD 10:15 Water Aerobics - P 11:45 Romeo Luncheon Outing 12:30 Go Icon Training - LD 1:00 Mah-Jongg - AR 1:30 Advanced Balance - ER 2:00 LD Reserved (JO) - LD 3:00 Ice Cream Social - CR 3:15 Line Dancing - LD</p>	<p>26 8:30 Total Body Circuit - LD 10:00 Water Fitness - P 10:00 Go Icon Training - LD 10:30 Happy Valley Casino 11:00 OUTDOOR Bocce Ball - BC 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 1:00 Balance Basics - ER 1:00 Go Icon Training - SSCR 1:30 Catholic Communion - CR 1:30 Chair Yoga - ER 4:30 Happy Hour - CL</p>	<p>27 All Day Ping Pong - LD 9:30 AR Reserved (Collage & Company) - AR 6:15 Annie: The Musical</p>
<p>28 All Day Ping Pong - LD 8:00 Transportation to Church 5:30 South Hills Summer Music: Deacons of Dixieland 6:30 Sinatra, Part 2 - CR</p>	<p>29 8:30 Total Body Circuit - LD 9:15 Beginner Drum Fitness - LD 10:00 Water Fitness - P 10:00 Go Icon Training - LD 11:00 OUTDOOR Bocce Ball - BC 12:00 Podiatry Appointments - AR 1:00 Balance Basics - ER 1:00 Go Icon Training - LD 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 3:00 AR Reserved (SCMA) - AR 3:00 LD Reserved (SCMA) - LD 3:30 CR Reserved (SCMA) 7:30 Poker - AR</p>	<p>30 8:30 Guarded Swim - P 9:00 Breakfast/Brunch @ Flour & Stone 9:15 Gentle Flow Yoga - LD 10:15 Water Aerobics - P 10:30 Top 10 Scams Against Seniors - CR 11:00 Golf - PG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AR 2:00 The Village Antique Road Show - CR 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour - CL</p>				