

July 2026

The Village at Penn State
IL

US/Eastern (EDT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 Total Body Circuit 9:00 Explore landscape watercolor painting with Nichole 10:00 Water Fitness 11:00 Advanced Balance 1:00 Balance Basics 1:30 Chair Yoga 3:00 Poetry Circle 3:00 Worship Services 5:45 *CANCELLED*Student Farm Summer Solstice	1 Monthly Menus 8:00 Early Birds go to Wegmans 8:00 AR Reserved for studio art time 8:15 Volunteer at the Student Farm 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:15 Water Aerobics - 10:30 250 Community Day: We the People (Arboretum & Palmer Museum) 1:00 Mah Jongg 1:30 Advanced Balance 3:15 Line Dancing	2 12:45 Duplicate Bridge 1:00 Social Bridge 4:30 Happy Hour	3 All Day Ping Pong 9:30 AR Reserved (Collage & Company) 2:00 Scrabble
4 All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Last of the Blonde Bombshells"	5 8:30 Total Body Circuit 9:15 Beginner Drum Fitness 10:00 CR Reserved (SJ) 10:00 Water Fitness 11:00 Bocce Ball 1:00 Balance Basics 1:30 Chair Yoga 2:00 First Monday Knitting Group 2:00 250th Birthday Bash 2:45 Shopping at Weis/Giant 7:30 Poker	6 8:30 Guarded Swim 9:00 American 250 Tour of Bellefonte w/Local Historia 9:15 Gentle Flow Yoga 10:15 Water Aerobics - 11:15 Golf 12:45 Duplicate Bridge 1:00 Social Bridge 2:00 Movie: "Yankee Doodle Dandy" 2:15 Line Dancing 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour	7 8:30 Total Body Circuit 9:00 Explore landscape watercolor painting with Nichole 9:00 Albrecht Audiology 10:00 Water Fitness 10:30 Discussion on early periods of Military History 11:00 Advanced Balance 11:45 Juliet's Luncheon 1:00 Making Life Good Again 1:00 Balance Basics 1:30 Chair Yoga 2:00 Caring for a Loved One and Ourselves 3:00 Worship Services	8 8:00 AR Reserved for studio art time 8:00 Early Birds go to Wegmans 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:15 Water Aerobics - 1:00 Mah Jongg 1:30 Advanced Balance 2:00 How Weather Saved the Revolutionary War w/Elliott Abrams 2:30 Food Committee 3:15 Line Dancing	9 8:30 Total Body Circuit 8:45 Schlow Library 10:00 Residents' Council Agenda Setting 10:00 Recycling Committee 10:00 Water Fitness 10:30 "Forming a More Perfect Union: How Thirteen Colonies became the United States" 11:00 Day @ Arts Fest 11:00 Bocce Ball 12:45 Duplicate Bridge 1:00 Social Bridge 1:00 Balance Basics 1:30 Chair Yoga 2:00 250 Patriotic Trivia w/Megan & Lynn 4:30 Happy Hour	10 All Day Ping Pong 9:30 AR Reserved (Collage & Company) 9:45 People's Choice Arts Fest
11 All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Butch Cassidy and the Sundance Kid"	12 8:30 Total Body Circuit 9:00 Massage Therapist 9:15 Beginner Drum Fitness 10:00 Everyone Talking 10:00 Water Fitness 11:00 Resident Council Meeting 11:00 Bocce Ball 1:00 Balance Basics 1:30 Chair Yoga 1:30 CR Reserved (SJ) 2:45 Shopping at Weis/Giant 7:30 Poker	13 8:30 Guarded Swim 9:00 Massage Therapist 9:15 Gentle Flow Yoga 10:00 Resident Annual Fund Meeting 10:15 Water Aerobics - 10:30 Pollinators, plants, people, and the Huck Institutes of the Life Sciences: Building networks for innovation and impact 11:15 Golf 12:45 Duplicate Bridge 1:00 Social Bridge 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour	14 8:30 Total Body Circuit 9:00 Explore landscape watercolor painting with Nichole 10:00 Water Fitness 10:30 "Living Underwater - Life in a Nuclear Submarine." 11:00 Advanced Balance 1:00 Balance Basics 1:00 Flower-making bouquet workshop w/The Student Farm 1:30 Chair Yoga 3:00 Poetry Circle 3:00 Worship Services 4:30 Spaghetti Wednesday @DelGrosso's	15 8:00 AR Reserved for studio art time 8:00 Early Birds go to Wegmans 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:00 Town Hall 10:15 Water Aerobics - 11:00 Activities Committee 11:30 History Lesson w/Dr. Ferro 1:00 Mah Jongg 1:30 Advanced Balance 1:30 In Awe of Birds Exhibit @ Bellefonte Art Museum 2:00 History Lesson w/Dr. Ferro 3:15 Line Dancing	16 8:30 Total Body Circuit 10:00 Water Fitness 10:30 Fingerprints of climate and life in lake sediments ,Miquela Ingalls (EMS) 11:00 Bocce Ball 12:45 Duplicate Bridge 1:00 Balance Basics 1:00 Social Bridge 1:30 Chair Yoga 2:00 3. Keep Your Mind Sharp Without Doing Crossword Puzzles All Day 4:30 Happy Hour 6:15 The Wedding Singer	17 All Day Ping Pong 9:30 AR Reserved (Collage & Company) 1:00 Rebels & Redcoats - A Revolutionary War Experience 2:00 Scrabble

<p>All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "A View to a Kill" 5:30 South Hills Concert Series: Triple A Blues Band</p>	<p>19 8:30 Total Body Circuit 9:15 Beginner Drum Fitness 10:00 CR Reserved (SJ) 10:00 Water Fitness 10:00 Movie Committee 11:00 Bocce Ball 1:00 Balance Basics 1:30 Meet & Greet w/ PSU Women's Volleyball Team 1:30 Chair Yoga 2:45 Shopping at Weis/Giant 7:30 Poker</p>	<p>20 8:30 Guarded Swim 9:15 Gentle Flow Yoga 10:15 Water Aerobics - 11:15 Golf 12:45 Duplicate Bridge 1:00 Social Bridge 2:00 Movie: "Heaven Can Wait" 2:15 Line Dancing 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour 7:00 Musical Interludes: Trio Via Nova</p>	<p>21 8:30 Total Body Circuit 9:00 Explore landscape watercolor painting with Nichole 9:30 New Resident Information Session 10:00 Water Fitness 11:00 Advanced Balance 1:00 Balance Basics 1:00 Making Life Good Again 1:30 Chair Yoga 2:00 Caring for a Loved One and Ourselves 2:30 Wine Tasting 3:00 Worship Services</p>	<p>22 8:00 AR Reserved for studio art time 8:00 Early Birds go to Wegmans 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:15 Water Aerobics - 1:00 Mah Jongg 1:00 Goot Essa Tour/Cheese Tasting 1:30 Advanced Balance 3:15 Line Dancing</p>	<p>23 8:30 Total Body Circuit 10:00 Water Fitness 11:00 Bocce Ball 12:45 Duplicate Bridge 1:00 Balance Basics 1:00 Social Bridge 1:30 Chair Yoga 4:30 Happy Hour</p>	<p>24 All Day Ping Pong 9:30 AR Reserved (Collage & Company) 2:00 Celebration of Life for Ann Carothers</p>	<p>25</p>
<p>All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Evita"</p>	<p>26 8:30 Total Body Circuit 9:15 Beginner Drum Fitness 10:00 Women Talking 10:00 Water Fitness 11:00 Bocce Ball 1:00 Balance Basics 1:30 Chair Yoga 1:30 CR Reserved (SJ) 2:00 LD Reserved (CP) 2:45 Shopping at Weis/Giant 7:30 Poker</p>	<p>27 8:30 Guarded Swim 9:15 Gentle Flow Yoga 10:00 Writing for Yourself, with Jackie Hook 10:15 Water Aerobics - 11:15 Golf 12:45 Duplicate Bridge 1:00 Social Bridge 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour 4:45 Altoona Curve Baseball vs Chesapeake</p>	<p>28 8:30 Total Body Circuit 9:00 AR Reserved for Arts & Crafts 10:00 Water Fitness 10:30 Roundtable w/Dr. Ferro 11:00 Advanced Balance 1:00 Balance Basics 1:00 Gardening Club 1:30 Chair Yoga 3:00 Worship Services 3:00 Worship Services</p>	<p>29 8:00 AR Reserved for studio art time 8:00 Early Birds go to Wegmans 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:15 Water Aerobics - 11:45 Romeo Luncheon Outing 1:00 Mah Jongg 1:30 Advanced Balance 3:00 Ice Cream Social 3:15 Line Dancing 7:30 The Best of Sentimental Journey</p>	<p>30 8:30 Total Body Circuit 10:00 Water Fitness 11:00 Bocce Ball 12:00 Catholic Communion 12:45 Duplicate Bridge 1:00 Balance Basics 1:00 Social Bridge 1:30 Chair Yoga 4:30 Happy Hour 7:00 Trivia Night with Joker Entertainment</p>	<p>31</p>	