

AUGUST 2026							
SUNDAY		MONDAY		TUESDAY		WEDNESDAY	
THURSDAY		FRIDAY		SATURDAY			
Dimensions of Wellness  Physical  Emotional  Spiritual  Environmental  Vocational  Social  Intellectual  Health Services  Nutritional  Purposeful	Aug 30 All Day All Day 8:00 2:00 3:30  All Day Ping Pong  PSU Women's Volleyball invitational  Church Transportation  Movie: "Notting Hill"  Rhapsody Series: The Soldier's Tale	Aug 31 8:30 9:15 10:00 11:00 12:00 1:00 1:30 2:45 7:30  Total Body Circuit  Beginner Drum Fitness  Water Fitness  Bocce Ball  Podiatry Appointments  Balance Basics  Chair Yoga  Shopping at Weis/Giant  Poker					01 All Day 1:30  All Day Ping Pong  Celebration of Life for Judy Swisher
	02 All Day All Day 8:00 9:00 12:45 2:00  Monthly Menus  All Day Ping Pong  Church Transportation  CR Reserved (JS)  Sunday afternoon @ 7  Mountains Winery  Movie: "The Client"	03 8:30 9:15 10:00 11:00 1:00 1:30 2:00 2:45 7:30  Total Body Circuit  Beginner Drum Fitness  Water Fitness  Bocce Ball  Balance Basics  Chair Yoga  First Monday Knitting Group  Shopping at Weis/Giant  Poker	04 8:30 9:15 10:15 11:15 12:45 1:00 2:00 2:45 4:30  Guarded Swim  Gentle Flow Yoga  Water Aerobics -  Golf  Duplicate Bridge  Social Bridge  Movie: "Presumed Innocent"  Grocery Shopping @ Wegmans/Walmart  Social Hour	05 8:30 9:00 10:00 11:00 1:00 1:30 3:00 3:00  Total Body Circuit  AR Reserved for Arts & Crafts  Water Fitness  Advanced Balance  Balance Basics  Chair Yoga  Poetry Circle  Worship Services	06 8:00 8:00 8:30 9:15 10:15 10:30 1:00 1:30 3:15  AR Reserved for studio art time  Early Birds go to Wegmans  Body, Brain and Balance  Drum Fitness  Water Aerobics -  Roundtable w/Dr. Ferro  Mah Jongg  Advanced Balance  Line Dancing	07 8:30 10:00 10:30 11:00 12:45 1:00 1:00 1:30 4:30  Total Body Circuit  Water Fitness  Happy Valley Casino  Bocce Ball  Duplicate Bridge  Balance Basics  Social Bridge  Chair Yoga  Happy Hour	08 All Day 9:30  All Day Ping Pong  Shopping @ Aldi's, Target, Trader Joes, Wine & Spirits, Etc
	09 All Day 8:00 1:30 2:00  All Day Ping Pong  Church Transportation  Palmer Drop in Tour: American Art of Today  Movie: "How the West was Won"	10 8:30 9:15 10:00 11:00 1:00 1:30 2:45 7:30  Total Body Circuit  Beginner Drum Fitness  Water Fitness  Bocce Ball  Resident Council Meeting  Balance Basics  Chair Yoga  Shopping at Weis/Giant  Poker	11 8:30 9:15 10:00 10:15 11:15 12:45 2:15 2:45 4:30  Guarded Swim  Gentle Flow Yoga  Resident Annual Fund Meeting  Water Aerobics -  Golf  Duplicate Bridge & Social Bridge  Line Dancing  Grocery Shopping @ Wegmans/Walmart  Social Hour	12 8:30 9:00 10:00 10:00 11:00 11:45 1:00 1:30 3:00  Total Body Circuit  Albrecht Audiology  Nature Journaling Workshop  Water Fitness  Advanced Balance  Juliet's Luncheon  Balance Basics  Chair Yoga  Worship Services	13 8:00 8:00 8:30 9:15 10:15 11:00 1:00 3:15  Early Birds go to Wegmans  AR Reserved for studio art time  Body, Brain and Balance  Drum Fitness  Water Aerobics -  Sight-Loss Support Group Meeting  Mah Jongg  Line Dancing	14 8:45 9:00 10:00 11:00 12:45 1:00 1:00 1:30 4:30  Schlow Library  Tour of Penn's Cave  Recycling Committee  Bocce Ball  Duplicate Bridge  Balance Basics  Social Bridge  Chair Yoga  Happy Hour	15 All Day 2:00 3:00  All Day Ping Pong  Scrabble  Altoona Curve Baseball vs Akron
	16 All Day 8:00 2:00  All Day Ping Pong  Church Transportation  Movie: "Wallstreet"	17 8:30 9:15 10:00 10:00 11:00 1:00 1:00 2:45 7:30  Total Body Circuit  Beginner Drum Fitness  Movie Committee  Water Fitness  Bocce Ball  Balance Basics and Chair Yoga  Activities Committee  Shopping at Weis/Giant  Poker	18 9:15 10:15 10:30 11:15 12:45 2:45 4:30  Gentle Flow Yoga  Water Aerobics  Meet PSU Men's Soccer Coach/Players  Golf  Duplicate Bridge & Social Bridge  Grocery Shopping @ Wegmans/Walmart  Social Hour	19 8:30 9:00 10:00 11:00 1:00 1:30 3:00 4:30  Total Body Circuit  AR Reserved for Arts & Crafts  Water Fitness  Advanced Balance  Balance Basics  Chair Yoga  Poetry Circle  Worship Services  Spaghetti Wednesday @ DeGrosso's	20 8:00 8:30 9:15 10:15 11:30 11:45 1:00 2:00 3:15  Early Birds go to Wegmans  Body, Brain and Balance  Drum Fitness  Water Aerobics  History Lesson w/Dr. Ferro  Romeo Luncheon Outing  Mah Jongg  History Lesson w/Dr. Ferro  Line Dancing	21 8:30 10:00 10:30 11:00 12:45 1:00 1:30 2:00 4:30  Total Body Circuit  Water Fitness  Heart-based skills for calm, clarity, and resilience  Bocce Ball  Duplicate Bridge  Balance Basics & Social Bridge  Chair Yoga  Mini Golf and Ice Cream  Happy Hour	22 All Day  All Day Ping Pong
	23 All Day 8:00 2:00 5:30  All Day Ping Pong  Church Transportation  Movie: "Moneyball"  South Hills Concert Series: Porch Party	24 8:30 9:15 10:00 11:00 1:00 1:30 2:45 7:00 7:30  Total Body Circuit  Beginner Drum Fitness  Water Fitness  Bocce Ball  Balance Basics  Chair Yoga  Shopping at Weis/Giant  Musical Interludes w/ Luke Selker  Poker	25 9:15 10:15 11:15 12:45 2:45 4:15 4:30  Gentle Flow Yoga  Water Aerobics  Golf  Duplicate Bridge & Duplicate Bridge  Grocery Shopping @ Wegmans/Walmart  Altoona Curve Baseball vs Erie  Social Hour	26 8:30 9:00 10:00 11:00 1:00 1:30 2:00 3:00  Total Body Circuit  AR Reserved for Arts & Crafts  Water Fitness			