

SEPTEMBER 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

-  Physical
-  Emotional
-  Spiritual
-  Environmental
-  Vocational
-  Social
-  Intellectual
-  Health Services
-  Nutritional
-  Purposeful

01

- 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: "North Dallas Forty"
- 2:45  Grocery Shopping @ Wegmans/Walmart
- 4:30  Social Hour

02

- All Day  Monthly Menus
- 9:00  AR Reserved for Arts & Crafts
- 10:30  Quarterback Club Meeting/Luncheon
- 11:00  Advanced Balance
- 1:00  Balance Basics
- 1:30  Chair Yoga
- 3:00  Worship Services
- 3:00  Poetry Circle

03

- 8:00  Early Birds go to Wegmans
- 8:30  Body, Brain and Balance
- 9:15  Drum Fitness
- 10:15  Water Aerobics -
- 10:45  Roundtable w/Dr. Ferro
- 1:00  Mah Jongg
- 1:30  Advanced Balance
- 2:00  Wine-Infused Tailgate
- 3:15  Line Dancing

04

- 8:30  Total Body Circuit
- 9:00  DO Reserved (9-4)
- 10:00  Water Fitness
- 10:30  Heart Math w/Jackie
- 11:00  Bocce Ball
- 12:45  Duplicate Bridge
- 1:00  Balance Basics
- 1:00  Social Bridge
- 1:30  Chair Yoga
- 4:30  Happy Hour

05

- All Day  All Day Ping Pong
- 2:00  PSU Football vs Marshall
- 2:45  PSU Football vs Marshall
- 3:30  PSU Football vs Marshall on the big screen

06

- All Day  All Day Ping Pong
- 8:00  Church Transportation
- 2:00  Movie: "Heartburn"

07

- 1:00  Library Committee
- 1:30  CR Reserved (SJ)
- 7:30  Poker

08

- 9:15  Gentle Flow Yoga
- 9:30  Nature Sketching @ The Arboretum
- 10:00  Resident Annual Fund Meeting
- 11:15  Golf
- 2:15  Line Dancing
- 2:45  Grocery Shopping @ Wegmans/Walmart
- 4:30  Social Hour

09

- 9:00  AR Reserved for Arts & Crafts
- 9:00  Albrecht Audiology
- 10:00  Water Fitness
- 10:30  Quarterback Club Meeting/Luncheon
- 11:45  Juliet's Luncheon
- 3:30  As Seen on TV: A Trip Back to the '50s & 60's

10

- 8:00  Early Birds go to Wegmans
- 9:15  Drum Fitness
- 10:15  Water Aerobics -
- 10:30  Richard Benninghoff, Magician
- 11:00  Sight-Loss Support Group Meeting
- 2:30  Food Committee
- 6:30  9/11: Reclaiming Ground Zero

11

- 8:45  Schlow Library
- 10:00  Recycling Committee
- 10:00  Residents' Council Agenda Setting
- 1:30  Chair Yoga
- 2:00  OIL ~ PSU Prof Emeritus Greenfield Presentation
- 4:30  Happy Hour

12

- All Day  All Day Ping Pong
- 11:30  PSU Football vs Temple
- 6:30  Tailgate
-  PSU Women's Volleyball vs Ohio

13

- All Day  All Day Ping Pong
- 8:00  Church Transportation
- 2:00  Movie: "Shane"
- 2:30  State College Chorale Society presents: In Remembrance: 9.11 -- 25 Years

14

- 8:30  Total Body Circuit
- 9:15  Beginner Drum Fitness
- 10:00  Everyone Talking
- 10:00  Water Fitness
- 11:00  Resident Council Meeting
- 2:00  First Monday Knitting Group
- 2:45  Shopping at Weis/Giant
- 3:30  BAM Poetry Reading w/Julia Spicher Kasdorf
- 7:30  Poker

15

- 10:15  Water Aerobics -
- 10:30  Rethinking Teaching and Learning in the Age of AI
- 11:15  Golf
- 12:45  Duplicate Bridge
- 2:00  Movie: "Chocolat"
- 4:30  Social Hour
- 6:30  PSU Women's Volleyball vs Villanova

16

- 10:30  Quarterback Club Meeting/Luncheon
- 11:00  Advanced Balance
- 1:00  Decorate Cupcakes with Kristy
- 1:00  Making Life Good Again
- 2:00  Caring for a Loved One and Ourselves
- 3:00  Worship Services
- 3:00  Poetry Circle

17

- 9:15  Drum Fitness
- 10:15  Water Aerobics -
- 11:30  History Lesson w/Dr. Ferro
- 1:00  Mah Jongg
- 1:30  Advanced Balance
- 2:00  History Lesson w/Dr. Ferro
- 4:30  Harvest Fest @ Ross Student Farm
- 5:00  Penn State Centre Stage Sneak Preview

18

- 8:30  Total Body Circuit
- 9:00  Breakfast at Way Fruit Farm
- 11:00  Bocce Ball
- 12:45  Duplicate Bridge
- 1:00  Balance Basics
- 1:00  Social Bridge
- 1:30  Chair Yoga
- 4:30  Happy Hour
- 5:30  PSU Women's Volleyball Classic vs South Florida

19

- All Day  All Day Ping Pong
- 10:30  PSU Football vs Buffalo
- 11:15  PSU Football vs Buffalo

20

- All Day  All Day Ping Pong
- 8:00  Church Transportation
- 1:30  PSU Women's Volleyball Classic vs Tennessee
- 2:00  Movie: "Never Say Never Again"
- 2:15  Nittany Valley Symphony ~ Dreams of the Forest

21

- 8:30  Total Body Circuit
- 9:00  Massage Therapist
- 9:15  Beginner Drum Fitness
- 9:45  Healthy Aging Lecture Series
- 10:00  Movie Committee
- 10:00  Water Fitness
- 11:00  Bocce Ball
- 1:00  Balance Basics
- 1:00  Activities Committee
- 1:30  Chair Yoga

22

- 8:30  Guarded Swim
- 9:00  Massage Therapist
- 9:15  Gentle Flow Yoga
- 10:00  Writing for Yourself, with Jackie Hook
- 10:15  Water Aerobics -
- 11:15  Golf
- 2:15  Line Dancing
- 2:45  Grocery Shopping @ Wegmans/Walmart

23

- 10:30  Quarterback Club Meeting/Luncheon
- 11:00  Advanced Balance
- 1:30  Chair Yoga
- 2:00  Everyday Cooking w/Sous Chef Renee
- 2:30  Wine Tasting
- 3:00  Worship Services
- 7:30  "An Evening with Sentimental Journey"

24

- 8:00  AR Reserved for studio art time
- 8:00  Early Birds go to Wegmans
- 8:30  Body, Brain and Balance
- 10:00  Town Hall
- 10:15  Water Aerobics -
- 11:45  Romeo Luncheon Outing
- 1:00  Mah Jongg
- 1:30  Advanced Balance
- 3:00  Ice Cream Social

25

- 10:30  Heart math w/Jackie Hook
- 11:00  Bocce Ball
- 12:45  Duplicate Bridge
- 1:00  Balance Basics
- 1:00  Social Bridge
- 1:30  Chair Yoga
- 1:30  Catholic Communion
- 4:30  Happy Hour

26

- All Day  All Day Ping Pong
- All Day  PSU Football vs Wisconsin
- All Day  PSU Football vs Wisconsin on the big screen

27

- All Day  All Day Ping Pong
- 8:00  Church Transportation
- 2:00  Movie: "Nobody's Fool"
- 2:30  PA Chamber Orchestra: Autumn Impressions

28

- 10:00  Women Talking
- 11:00  Bocce Ball
- 1:30  Chair Yoga
- 2:15  Line Dancing
- 2:45  Shopping at Weis/Giant
- 6:30  PSU Men's Soccer vs UCLA
- 7:30  Poker
- 7:30  'Musical Interludes recital with Dr. Katherine Benson, PSU SOM faculty'

29

- 8:30  Guarded Swim
- 9:15  Gentle Flow Yoga
- 10:15  Water Aerobics -
- 11:15  Golf
- 12:45  Duplicate Bridge
- 1:00  Social Bridge
- 1:30  VPS Celebration of Life
- 2:45  Grocery Shopping @ Wegmans/Walmart
- 4:30  Social Hour

30

- 10:00  Water Fitness
- 10:30  Quarterback Club Meeting/Luncheon
- 11:00  Advanced Balance
- 1:00  Balance Basics
- 1:00  Botanical Coasters/Gardening Club
- 1:00  Making Life Good Again
- 2:00  Caring for a Loved One and Ourselves