NOVEMBER 2026

Dimensions of Wellness

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 All Day All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Notting Hill" 3:00 BAM Artist Talk with Roxanne Naydan	**02** 9:15 Beginner Drum Fitness 1:00 Balance Basics 1:00 Library Committee 1:00 Reaching Out Committee 1:30 Chair Yoga 2:00 First Monday Knitting Group 2:45 Shopping at Trader Joes/Walmart 4:30 PSU Lady Lion Basketball vs Cleveland State	**03** 8:00 Transportation to Vote (Patton Twp) 8:30 Guarded Swim 9:15 Gentle Flow Yoga 10:00 New Resident Meet and Greet 11:00 Gobble, Give Thanks & Get Moving! 11:00 LEARN TO PLAY THE UKULELE !!!!!!!!! 1:00 "Ask the Coach	**04** 8:30 Total Body Circuit 10:30 Quarterback Club Meeting/Luncheon 11:45 Juliet's Luncheon 3:00 Poetry Circle 3:00 Worship Services 3:30 Sustainability Showcase Keynote: Kevin Patel, Youth Environmental Justice and Climate Activist	**05** 8:00 Early Birds go to Wegmans 8:30 Body, Brain and Balance 9:15 Drum Fitness 10:15 Water Aerobics - 10:30 Roundtable w/Dr. Ferro 1:00 Mah Jongg 2:00 Everyday Cooking with Sous Chef, Renee 5:30 PSU Men's Basketball vs Chattanooga	**06** All Day PSU Men's Ice Hockey vs Notre Dame 8:30 Total Body Circuit 9:00 Open Studio/Work on your own project 10:00 Residents' Council Agenda Setting 10:30 Heart math w/Jackie Hook: Establishing Coherent Baselines	**07** All Day All Day Ping Pong All Day PSU Men's Ice Hockey vs Notre Dame 10:00 PSU Football vs Washington Tailgate
08 All Day All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Monte Walsh" 3:30 Jazz at Lincoln Center Orchestra	**09** 8:30 Total Body Circuit 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 3:30 BAM Poetry Reading 7:30 Poker	**10** 10:00 Resident Annual Fund Meeting 12:45 Duplicate Bridge 1:00 Social Bridge 2:15 Line Dancing 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour 7:00 PSU SoM Philharmonic Orchestra Concert	**11** 8:30 Total Body Circuit 9:00 Albrecht Audiology 9:00 "Ask the Coach" 10:00 Veterans Day Brunch 11:00 Advanced Balance 1:00 Making Life Good Again 1:00 Balance Basics 1:30 Chair Yoga 2:00 Caring for a Loved One and Ourselves	**12** 10:30 "THE WAR THEY WON" 11:00 Sight-Loss Support Group Meeting 12:00 "Ask the Coach" 1:00 Mah Jongg 1:30 Advanced Balance 2:30 Food Committee 7:00 Nittany Valley Symphony ~ From the New World	**13** 8:30 Total Body Circuit 8:45 Schlow Library 10:00 Recycling Committee 10:00 Water Fitness 10:30 iPhone Photos Tips & Tricks: Getting the most of the great camera in your pocket! 12:45 Duplicate Bridge 1:00 Social Bridge	**14** All Day All Day Ping Pong All Day PSU Football vs Minnesota All Day PSU Football vs Minnesota on the Big Screen
15 All Day All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "A View to Kill" 2:30 State College Choral Society ~ To Sing in Times of Trouble 4:00 PSU Men's Basketball vs New Haven	**16** 9:15 Beginner Drum Fitness 10:00 Movie Committee 10:00 Water Fitness 1:00 Balance Basics 1:00 Activities Committee 1:30 Chair Yoga 2:45 Shopping at Trader Joes/Walmart 7:00 PSU Campus Orchestra Concert	**17** 9:15 Gentle Flow Yoga 10:30 Genes, the Brain, and Mental Health: What Science is Discovering 12:45 Duplicate Bridge 1:00 Social Bridge 1:00 "Ask the Coach 2:00 Movie: "Operation Petticott" 4:30 Social Hour	**18** 9:00 "Ask the Coach" 10:00 VPS ANNUAL HEALTH FAIR 10:00 Water Fitness 11:00 Advanced Balance 1:00 Balance Basics 1:30 Chair Yoga 3:00 Poetry Circle 3:00 Worship Services 6:00 PSU Men's Basketball vs IU Indy	**19** 8:00 Podiatry Appointments 8:30 Body, Brain and Balance 10:00 Town Hall 10:15 Water Aerobics - 10:30 PSU Lady Lion Basketball vs Bowling Green 11:30 History Lesson w/Dr. Ferro 11:45 Romeo Luncheon Outing 2:00 History Lesson w/Dr. Ferro 3:15 Line Dancing	**20** 8:30 Total Body Circuit 10:00 Water Fitness 10:30 Heart math w/Jackie Hook: Energetic Communication 12:45 Duplicate Bridge 1:00 Balance Basics 1:00 Social Bridge 1:30 Chair Yoga 4:30 Happy Hour	**21** All Day All Day Ping Pong All Day PSU Football vs Rutgers All Day PSU Football vs Rutgers on the Big Screen
22 All Day All Day Ping Pong 8:00 Church Transportation 12:30 PSU Lady Lion Basketball vs Saint Joseph's 2:00 Movie: "Destination Toyko"	**23** 8:30 Total Body Circuit 9:15 Beginner Drum Fitness 10:00 Women Talking 10:00 Water Fitness 1:00 Balance Basics 1:15 Nutcracker event w/Nittany Ballet 1:30 Chair Yoga 2:45 Shopping at Trader Joes/Walmart	**24** 8:30 Guarded Swim 9:15 Gentle Flow Yoga 10:15 Water Aerobics - 11:00 Gobble, Give Thanks & Get Moving! 1:00 "Ask the Coach 2:45 Grocery Shopping @ Wegmans/Walmart 4:30 Social Hour	**25** 8:30 Total Body Circuit 9:30 New Resident Information Session 11:00 Advanced Balance 1:00 Gardening Club 1:00 Healing through the Holidays 1:00 Balance Basics 1:30 Chair Yoga 2:30 Wine Tasting	**26** 8:00 AR Reserved for studio art time 1:00 Mah Jongg	**27** 8:30 Total Body Circuit 9:00 Open Studio/Work on your own project 10:00 Water Fitness 12:45 Duplicate Bridge 1:00 Social Bridge 1:30 Catholic Communion 4:30 PSU Men's Ice Hockey vs Princeton 4:30 Happy Hour	**28** All Day PSU Football vs Maryland on the Big Screen
29 All Day All Day Ping Pong 8:00 Church Transportation 2:00 Movie: "Meet the Fockers"	**30** 8:30 Total Body Circuit 9:15 Beginner Drum Fitness 10:00 Water Fitness 11:30 AR Reserved for Arts & Crafts 1:00 Balance Basics 1:30 Chair Yoga 2:45 Shopping at Trader Joes/Walmart 7:30 Poker					