



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Total Body Circuit - LD 9:15 Line Dancing - LD 10:00 Water Fitness - P 11:00 Bocce - BC 1:00 Library Committee - L 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 2:00 First Monday Knitting Group - E106 7:30 Poker - AS	2 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:00 Writing for yourself, with Jackie Hook - AS 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Seated Volleyball - ER 2:00 Tuesday Movie: "Sully" - CR 4:30 Social Hour w/ The Fred Brown Group - CL	3 8:30 Total Body Circuit - LD 9:00 CR Reserved (LM) - CR 9:15 Zumba Gold - LD 10:00 Water Fitness - P 11:00 Golf Games - PG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:00 Church Services - CR 4:30 Spaghetti Wednesday @ DelGrosso's 7:00 Lion's Den Reserved (PH) - LD	4 8:00 "Early Birds" go to Wegmans 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 10:15 Water in Motion - P 10:30 Roundtable w/Dr. Ferro - CR 11:00 Ping Pong Club - LD 11:30 Schwan's Man is Here - L2 1:00 Mah-Jongg - AS 2:00 Seated Volleyball - ER 2:00 Nanowear Blood Pressure Study Presentation - CR 4:15 Dinner & A Show/Millbook Playhouse: "Rent" 6:00 CR Reserved	5 8:30 Total Body Circuit - LD 9:00 Dollar Tree Dash 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 Reserved (RC) - LD 10:00 Making Life Good Again - AS 11:00 Cornhole - VG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Geocaching 4:30 Happy Hour - CL 5:30 First Friday Silent Film Series Shorts	6 All Day Ping Pong - LD 9:45 Bellefonte Arts & Crafts Fair 10:00 Celebration of Life for Tim McMullen - CR
7 All Day Ping Pong - LD 8:30 Transportation to Church 12:30 Centred Outdoors at Lederer Park 12:30 Met Opera: "Puccini's La Boheme" 2:00 Sunday Movie: "When Harry Met Sally" - CR 5:30 Summer Concert @ South Hills School	8 8:30 Total Body Circuit - LD 9:15 Line Dancing - LD 10:00 Water Fitness - P 10:30 Everyone Talking - AS 11:00 Bocce - BC 11:00 Resident Council Meeting - CR 12:00 Podiatry Appointments - AS 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 7:30 Poker - AS	9 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 9:45 Ag Progress Days 10:00 Resident Annual Fund - AS 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Seated Volleyball - ER 4:30 Social Hour - CL	10 8:30 Total Body Circuit - LD 9:15 Zumba Gold - LD 10:00 Water Fitness - P 10:30 The History of NIL's (Name, Image and Likeness) - CR 11:00 Golf Games - PG 11:45 Juliet's Luncheon 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:00 Church Services - CR 7:00 Lion's Den Reserved (PH) - LD	11 8:00 "Early Birds" go to Wegmans 8:00 CR Reserved (NHO) - CR 8:30 UrbanKick - LD 8:30 NHO Orientation - CR 9:15 Drum Fitness - LD 10:15 Water in Motion - P 11:00 Ping Pong Club - LD 11:00 Sight-Loss Support Group Meeting 1:00 Mah-Jongg - AS 2:00 Seated Volleyball - ER	12 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Recycling Committee - AS 10:00 Water Fitness - P 11:00 Cornhole - VG 11:00 Guided tour @ Palmer Art Museum 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Geocaching 2:00 Sneak Preview-Centre for Performing Arts Season - CR 4:30 Happy Hour - CL	13 All Day Ping Pong - LD

<p>14 All Day Ping Pong - LD 8:30 Transportation to Church 2:00 Sunday Movie: "The Karate Kid" - CR 5:30 Summer Concert @ South Hills School</p>	<p>15 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Bocce - BC 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 3:00 Activities Committee - LD 7:30 Poker - AS</p>	<p>16 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Seated Volleyball - ER 2:00 Tuesday Movie: "Mrs. Doubtfire" - CR 4:30 Social Hour - CL</p>	<p>17 8:30 Total Body Circuit - LD 8:45 Tour of Dr. Keiko Miwa Ross Student Farm 9:15 Zumba Gold - LD 10:00 Water Fitness - P 10:30 Body temperature regulation in hot & humid environments - CR 11:00 Golf Games - PG 1:00 Balance Basics - ER 1:00 Grip strength testing with Occupational Therapy - LD 1:30 Seated Chair Yoga - ER 3:00 Poetry Reading - LD 3:00 Church Services - CR 5:00 Centred Outdoors at Alan Seeger Natural Area 7:00 Lion's Den Reserved (PH) - LD</p>	<p>18 8:00 "Early Birds" go to Wegmans 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 10:15 Water in Motion - P 11:00 Ping Pong Club - LD 11:30 Schwan's Man is Here - L2 11:30 History Lesson w/ Ferro - CR 1:00 Mah-Jongg - AS 2:00 Seated Volleyball - ER 2:00 History Lesson w/ Ferro - CR 4:00 Music Committee - LD 7:00 CR Reserved (PH) - CR</p>	<p>19 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 11:00 Cornhole - VG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Geocaching 1:30 Clydesdale horses come to VPS - BA 3:00 Second Annual VPS Talent Show - CR 4:30 Happy Hour - CL</p>	<p>20 All Day Ping Pong - LD</p>
<p>21 All Day Ping Pong - LD 8:30 Transportation to Church 12:30 Met Opera: "Donizetti's La Fille du Regiment" 2:00 Sunday Movie: "Top Gun" - CR 5:30 Summer Concert at South Hills School</p>	<p>22 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:30 Women Talking - AS 11:00 Bocce - BC 12:00 Podiatry Appointments 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 Seated Chair Yoga - ER 2:00 Lion's Den reserved (NW) - LD 2:00 National Burger Day celebration - CR 7:30 Poker - AS</p>	<p>23 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:00 Writing for Yourself w/Jackie Naginey Hook - AS 10:15 Water in Motion - P 11:00 Virtual Walking - CR 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Seated Volleyball - ER 2:00 "How to maintain a healthy memory as we age" - CR 4:30 Social Hour - CL</p>	<p>24 8:30 Total Body Circuit - LD 9:15 Zumba Gold - LD 9:45 Tour of WWII exhibit at PSU Sports Museum 10:00 Water Fitness - P 11:00 Golf Games - PG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 2:00 Gardening Club - LD 3:00 Church Services - CR 5:30 Centred Outdoors at Musser Gap 7:00 Lion's Den Reserved (PH) - LD</p>	<p>25 8:00 "Early Birds" go to Wegmans 8:30 UrbanKick - LD 9:15 Drum Fitness - LD 9:15 Senior Day at the Grange Fair 10:00 Town Hall - CR 10:15 Water in Motion - P 11:00 Ping Pong Club - LD 11:45 Romeo's Luncheon 1:00 Mah-Jongg - AS 2:00 Seated Volleyball - ER 2:00 Lions Den Reserved (BT) - LD 3:00 Ice Cream Social - CR</p>	<p>26 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:30 Laugh out Loud with Tanis Bryan - CR 11:00 Cornhole - VG 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 1:00 Geocaching 1:30 Catholic Communion - CR 3:30 James Steamer slideshow - CR 4:30 Happy Hour - CL 7:00 PSU Women's Volleyball Invitational</p>	<p>27 All Day Ping Pong - LD 10:30 PSU Women's Volleyball Invitational 6:30 PSU Women's Volleyball Invitational</p>
<p>28 All Day Ping Pong - LD 8:30 Transportation to Church 10:30 Grace Between Us - CR 2:00 Sunday Movie: "The Greatest Showman" - CR 5:30 Summer Concert at South Hills School</p>	<p>29 8:30 Total Body Circuit - LD 9:15 Gym Circuit - FC 10:00 Water Fitness - P 10:00 New Resident Information Meeting - LD 10:30 Quarterback Club Meeting 11:00 Bocce - BC 1:00 Balance Basics - ER 1:15 Shopping at Weis/Giant 1:30 CR Reserved (SJ) - CR 1:30 Seated Chair Yoga - ER 5:15 Welcome Table - DRI 7:30 Poker - AS</p>	<p>30 8:30 UrbanKick - LD 9:15 Mindful Movement - LD 10:15 Water in Motion - P 10:30 CATA Update - CR 11:00 Morning Walk around Toftrees - PP 12:45 Grocery Shopping @ Wegmans/Walmart 12:45 Duplicate Bridge - LD 1:00 Social Bridge - AS 2:00 Seated Volleyball - ER 4:15 Altoona Curve Baseball vs Akron 4:30 Social Hour - CL</p>	<p>31 8:30 Total Body Circuit - LD 9:15 Zumba Gold - LD 10:00 Water Fitness - P 10:30 Desert Lady: The Incredible Tale of Lady Be Good - CR 11:00 Golf Games - PG 1:00 Balance Basics - ER 1:30 Seated Chair Yoga - ER 3:00 Church Services - CR 7:00 Lion's Den Reserved (PH) - LD</p>			