

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Room Location Codes

- QAR Queen Anne Room
- AR Activity Rooms (I=Inn; P=Pines)
- MNDR Mount Nittany Dining Room
- FDR Fireside Dining Room
- FIT Willows Fitness Room
- WDR Willows Dining Room
- WCR Willows Conference Room
- ML Main Lobby (I=Inn; P=Pines)
- BR Inn/Pines Bridge
- 2FL 2nd Floor
- BRK Brookline Skilled Care Pavilion
- PV Pavilion
- PIANO Pines Piano Lounge
- SOL Inn Solarium
- VISTA Pines Vista View
- C Inn/Willows Café
- CL Clinic

Quote of the Month

“

The journey, not the arrival matters.

”

- T.S. Eliot

- 1**
- 9:30 News You Can Use (IAR)
 - 10:30 REfresh: Body, Mind & Spirit (IAR)
 - 10:30 Toning to Tunes (PIANO)
 - 11:00 Chalked Words Brain Game (IAR & PAR)
 - 1:30 Movie Matinee: A River Runs Through It (FDR)
 - 4:00 Buffalo Juice Happy Hour (BR)
 - 6:00 Travelogue: Visit Canada (IAR)

- 2**
- 9:00 Flower Arranging (IAR)
 - 9:30 Morning Headlines (Cafe)
 - 10:30 Resistance Bands & Balls Fitness (IAR)
 - 10:30 Breathe & Balance (PIANO)
 - 1:45 Bingo (FDR)
 - 3:00 Travel Slideshow w/ Jim Steamer (FDR)
 - 4:00 Root Beer Float Social (BR)
 - 6:00 Skip-Bo Hour (IAR)

- 3**
- Penn State at Michigan Away Game**
- 9:30 Internet Cafe: CNN News Headlines (IAR)
 - 10:30 Weekend Workout (PIANO)
 - 10:30 Morning Moves w/ Nettie (IAR)
 - 11:15 Remember When: Family Travel Destinations (IAR)
 - 1:30 Blue & White Football Tailgate (IAR)
 - 3:30 Hangman Brain Game (PAR)
 - 4:00 Weekend Wine Down Happy Hour (BR)

- 4**
- Daylight Savings Time Begins at 2am**
- 9:30 Lattes & Laughter (Cafe)
 - 9:30 Listen to Mass (Radio 1450AM)
 - 10:30 Strength Training (PIANO)
 - 11:15 History of Daylight Savings Time (PAR)
 - 1:30 Indian Mandal Art Therapy (PAR)
 - 2:30 Worship Service (QAR)
 - 4:00 Healthy Snacking: Fresh Fruit Social (BR)

- 5**
- 9:30 Motivation Monday: Daily Devotions (IAR & PAR)
 - 10:00 Smooth Stretches Chair Yoga w/ Sue (IAR)
 - 10:30 Pines Sit N Fit (PIANO)
 - 10:45 Memory Lane w/ PSU Grad Students (IAR)
 - 11:00 Brunch Outing (X2041) (WAFFLE SHOP)
 - 1:30 Crafting w/ Pinterest: Embroidery Hoop Turkey (PAR)
 - 2:30 REfresh: Body, Mind & Spirit (PIANO)
 - 3:00 Manicures (IAR)
 - 4:00 Manhattan Monday Happy Hour (BR)
 - 6:00 Poker Night (Pines)

- 6**
- 10:00 Catholic Communion (QAR)
 - 10:15 Catholic Communion (VISTA)
 - 10:30 Sit N' Fit (PIANO & IAR)
 - 11:15 The Daily Chronicle (IAR & PAR)
 - 1:30 Cryptogram Brain Game (IAR & PAR)
 - 2:00 Grocery Shuttle (X2041) (WEIS)
 - 2:00 TV series: Anne w/ an E Season 2 (FDR & PAR)
 - 3:30 Music Therapy w/ Judy* (QAR)
 - 6:00 Trivia Challenge (IAR)

- 7**
- 9:00 On This Day (Cafe)
 - 9:00 Men's Poker (PAR)
 - 10:30 Strength & Stretch w/ Carolyn (IAR)
 - 11:15 Music Around the World (IAR)
 - 1:30 Famous Mother & Daughter Pairs (IAR & PAR)
 - 2:30 Bingo for The Brain (FDR)
 - 4:00 Whiskey Sour Wednesday Happy Hour (BR)
 - 4:30 Willows Dinner & A Show (x2041) (Harrisons & Something Rotten)

- 8**
- Pet Therapy Visits w/ Buddy**
- 9:30 Internet Cafe: You Tube Comedy (PAR)
 - 10:30 REfresh: Body, Mind & Spirit (IAR)
 - 11:15 Linked Senior: Spin & Solve (IAR)
 - 1:30 TED Talks: AJ Jacobs: The World's Largest Family Reunion & We're All Invited (IAR)
 - 3:00 Walk & Talk (IAR)
 - 4:30 Apple Cider Mimosas (BR)
 - 6:00 Music by Phil McCaulley (PIANO)

- 9**
- 9:00 Flower Arranging (IAR)
 - 9:30 News You Can Use (Cafe)
 - 10:30 Resistance Bands & Balls Fitness (IAR)
 - 12:00 Dinning Committee (IAR)
 - 1:45 Bingo (FDR)
 - 3:00 Veteran's Day Celebration (WDR)
 - 4:00 Beer & Soft Pretzel Social (BR)
 - 6:00 Memorable Music w/ Paul Killion (PIANO)

- 10**
- Penn State vs Wisconsin Home Game**
- 9:30 Penn State Football Preview (IAR & PAR)
 - 10:30 Breathe & Balance (PIANO)
 - 11:15 The Family Business: A Discussion (IAR & PAR)
 - 1:30 Facts & History of The Marine Corps (IAR)
 - 2:30 Name That Tune: Family Bands (IAR & PAR)
 - 3:30 Watch PSU VS Wisconsin Football Game (FDR)
 - 6:00 WII Game Night (IAR)

- 11**
- VETERAN'S DAY**
- 9:30 PSU Game Re-Cap (IAR)
 - 9:30 Listen to Mass (Radio 1450AM)
 - 10:30 Stretch N' Flex (PIANO)
 - 11:15 Shuffle Scuffle Brain Game (IAR & PAR)
 - 1:30 Cultural Kitchen: Churro Cupcakes (IAR)
 - 2:30 Worship Service (QAR)
 - 4:00 Sunday Sundaes (BR)
 - 6:00 Visit France: A Video Tour (PAR)

- 12**
- 9:30 Coffee & Currents Events (C)
 - 10:00 Morning Moves Chair Dancing w/ Sue (IAR)
 - 10:30 Pines Sit N Fit (PIANO)
 - 10:45 Memory Lane w/ PSU Grad Students (IAR)
 - 2:00 Resident Town Hall (QAR)
 - 2:30 REfresh: Body, Mind & Spirit (PIANO)
 - 3:00 Manicures (PAR)
 - 4:00 Vodka Tonic Happy Hour (BR)
 - 6:00 Poker Night (PAR)
 - 6:00 Greif & Loss Support w/ Donna (MNDR)
 - 7:00 Stich & Sew Group (IAR)

- 13**
- 10:00 Catholic Communion (QAR)
 - 10:15 Catholic Communion (VISTA)
 - 10:30 Sit N' Fit (PIANO & IAR)
 - 1:10 Reading w/ Mt. Nittany Elementary Students (QAR & PIANO)
 - 2:00 TV Series: When Calls the Heart Season 5 (FDR & PAR)
 - 2:00 Grocery Shuttle (X2041) (WEIS)
 - 4:00 Bean Bag Toss Game (IAR)
 - 4:00 PEER Meeting (MNDR)
 - 6:00 Watercolor Painting For Beginners w/ Fran (IAR)

- 14**
- 9:00 Men's Poker (PAR)
 - 9:30 Morning Headlines (C)
 - 10:30 30 Min Total Fitness (PIANO)
 - 10:30 Strength & Stretch w/ Carolyn (IAR)
 - 11:15 Left, Center Right Dice Game (IAR)
 - 1:30 Dave's Discussion Hour (QAR)
 - 2:30 Bingo for The Brain (FDR)
 - 4:00 Royal Families Around the World (IAR & PAR)
 - 6:00 Mindful Music By Amy Timan* (PIANO)

- 15**
- 9:30 On This Day (IAR)
 - 10:30 REfresh: Body, Mind & Spirit (IAR)
 - 10:30 Toning to Tunes (PIANO)
 - 11:15 Famous Siblings in History (IAR & PAR)
 - 1:30 Movie Matinee: Father of the Bride II (FDR & PAR)
 - 4:00 Happy Hour: The Frenchy (BR)
 - 5:00 Dinner Club: Baked Potato Bar (X2041) (IAR)

- 16**
- 9:00 Flower Arranging (IAR)
 - 9:30 Lattes & Laughter (C)
 - 10:30 Resistance Bands & Balls Fitness (IAR)
 - 1:45 Bingo (FDR)
 - 2:00 Shopping Shuttle (X2041) (WAL-MART)
 - 3:00 Trivia Challenge (PAR)
 - 4:00 Creamsicle Cocktail Happy Hour (BR)
 - 6:00 Skip-Bo Hour (IAR)

- 17**
- Penn State at Rutgers Away Game**
- 9:30 Penn State Football Preview (IAR)
 - 10:30 Morning Moves w/ Nettie (IAR)
 - 11:15 Family Photo Show & Tell (PIANO)
 - 1:30 Watch PSU Football Away Game (IAR)
 - 3:30 Color Brain Game (PAR)
 - 4:00 Sippin' Saturday: Rum & Coke Social (BR)

- 18**
- Annual Harvest Fest Celebration**
- 9:30 Listen to Mass (Radio 1450AM)
 - 11:00 Harvest Fest Family Luncheon (ALL DINING ROOMS)
 - 2:30 Worship Service (QAR)

- 19**
- 10:00 Smooth Stretches Chair Yoga w/ Sue (IAR)
 - 10:30 Pines Sit N Fit (PIANO)
 - 10:45 Memory Lane w/ PSU Grad Students (IAR)
 - 1:30 Baking Bash: Grandma's Favorite Cookies (PAR)
 - 2:30 REfresh: Body, Mind & Spirit (PIANO)
 - 3:00 Manicures (IAR)
 - 4:00 Phase 10 Brain Game (PAR)
 - 6:00 Modern Family: The New Nuclear Family (IAR)
 - 6:00 Poker Night (PAR)
 - 6:00 Bible Study w/ Donna (MNDR)
 - 7:00 Stich & Sew Group (IAR)

- 20**
- 10:00 Catholic Mass (QAR)
 - 10:30 Sit N' Fit (IAR & PIANO)
 - 11:00 Book Club w/ Ellysa (QAR)
 - 11:15 Puzzling Minds Jigsaw Puzzle Group (PAR)
 - 2:00 Grocery Shuttle (X2041) (WEIS)
 - 2:00 TV Series: When Calls the Heart Season 5 (FDR & PAR)
 - 3:30 Music Therapy w/ Judy* (PIANO)
 - 6:00 Cricut Crafting: Best Friends Personalized Coffee Mugs (IAR)

- 21**
- 9:00 Men's Poker (PAR)
 - 9:30 Morning Motivations: Daily Devotions (IAR)
 - 10:30 Strength & Stretch w/ Carolyn (IAR)
 - 10:30 Stretch & Flex (IAR)
 - 11:15 Budget or Bust Brain Game (PAR)
 - 1:30 Famous Father & Son Duos in History (IAR)
 - 2:30 Bingo for The Brain (FDR)
 - 4:00 Cranberry Champagne Cocktail Happy Hour (BR)
 - 6:00 Family Favorite Card Game: 500 Rummy (PAR)

- 22**
- HAPPY THANKSGIVING!**
- 9:00 Watch the Macy's Thanksgiving Day Parade (IAR)
 - 10:30 Chair Fitness (PIANO)
 - 11:15 Family Traditions: Thanksgiving Day Celebrations (IAR)
 - 1:30 Movie Matinee: Home for the Holidays (FDR & PAR)
 - 3:45 Old Fashioned Happy Hour (BR)

- 23**
- 9:00 Flower Arranging (IAR)
 - 10:30 Resistance Bands & Balls Fitness (IAR)
 - 10:30 Breathe & Balance (PIANO)
 - 1:45 Bingo (FDR)
 - 3:00 Villager Meeting (MNDR)
 - 4:00 Polar Bear Cocktail Happy Hour (BR)
 - 6:00 Famous TV Families Throughout the Years (PAR)
 - 6:00 Skip-Bo Hour (IAR)

- 24**
- Penn State vs Maryland Home Game**
- 9:30 PSU Football Preview (C)
 - 10:30 Morning Moves w/ Nettie (IAR)
 - 10:30 Breathe & Balance (IAR & PIANO)
 - 11:15 Musical Families in History (IAR & PAR)
 - 1:30 Watch PSU vs Maryland Home Game (IAR)
 - 3:00 Vanilla Vodka Root Beer Happy Hour (BR)
 - 4:00 Spin N' Solve Brain Game (IAR & PAR)

- 25**
- 9:30 PSU Football Recap (C & PAR)
 - 9:30 Listen to Mass (Radio 1450AM)
 - 10:30 30 Min Total Fitness (IAR & PIANO)
 - 11:15 Daily Chronicle (IAR & PAR)
 - 1:30 Family Heirloom Show & Tell (IAR)
 - 2:30 Worship Service (QAR)
 - 3:30 Winter Door Hanger Craft (IAR)

- 26**
- 10:00 Morning Moves Chair Dancing w/ Sue (IAR)
 - 10:30 Pines Sit N Fit (PIANO)
 - 10:45 Memory Lane w/ PSU Grad Students (IAR)
 - 1:30 Cyber Monday101: Amazon Holiday Shopping (IAR)
 - 2:30 REfresh: Body, Mind & Spirit (PIANO)
 - 3:00 Manicures (PAR)
 - 4:00 Milkshake Monday Social (BR)
 - 6:00 Poker Night (PAR)
 - 6:00 Let's talk w/ Donna (IN ROOM VISITS)

- 27**
- 10:00 Catholic Communion (QAR)
 - 10:15 Catholic Communion (VISTA)
 - 10:30 Sit N' Fit (PIANO & IAR)
 - 11:15 Trivia Challenge (IAR)
 - 1:10 Reading w/ Mt. Nittany Elementary Students (QAR & PIANO)
 - 2:00 TV Series: When Calls the Heart Season 5 (FDR & PAR)
 - 2:00 Grocery Shuttle (X2041) (WEIS)
 - 4:00 Afternoon Warm Up: Hot Chocolate Social (BR)
 - 6:00 Watercolor Painting for Beginners w/ Fran (IAR)

- 28**
- 9:00 Men's Poker (PAR)
 - 10:00 On This Day (C)
 - 10:30 Strength & Stretch w/ Carolyn (IAR)
 - 11:00 Wellness Therapist Seminar w/ Genesis (IAR)
 - 1:30 Resident Family Cookbook (IAR & PAR)
 - 2:30 Bingo for The Brain (FDR)
 - 3:30 Kooking w/ Kris: A Demonstration (IAR)
 - 6:00 Mindful Music by Amy Timan* (QAR)

- 29**
- 9:30 Coffee & Current Events (C)
 - 10:00 Quilters Guild (MNDR)
 - 10:30 Toning to Tunes (PIANO)
 - 10:30 REfresh: Body, Mind & Spirit (IAR)
 - 1:30 Movie Matinee: The Family Stone (FDR & PAR)
 - 3:30 Ambassador's Meeting (MNDR)
 - 4:00 Healthy Snacking: Yogurt Parfait (BR)
 - 5:00 Willows Dinner Outing (x2041) (CAFE LAURA)

- 30**
- 9:00 Flower Arranging (IAR)
 - 10:00 Lunch & Shop Outing (x2041) (COUNTRY CUPBOARD)
 - 10:30 Resistance Bands & Balls Fitness (IAR)
 - 1:45 Bingo (FDR)
 - 3:00 Family Tree Technology: Ansetry.com Demo (FDR)
 - 4:00 Margarita Happy Hour (BR)
 - 6:00 Skip-Bo Hour (IAR)



*All musical features are provided for therapeutic purposes only to support memory and cognitive functioning.