*Chair Yoga*

Monday, May 13 – 8:30 a.m. & 6:00 p.m.

Tuesday, May 14 – 6:30 a.m. & 8:30 a.m.

Wednesday, May 15 – 8:30 a.m.

Thursday, May 16 – 5:00 p.m.

Saturday, May 18 – 8:30 a.m.

*Gentle Yoga*

Monday, May 13 – 6:00 a.m. & 10:00 a.m.

Tuesday, May 14 – 6:00 p.m.

Friday, May 17 – 6:00 a.m. & 10:00 a.m.

Saturday, May 18 – 6:00 a.m.

Sunday, May 19 – 6:00 a.m.

*Moving Freely*

Monday, May 13 – 7:00 a.m.

Tuesday, May 14 – 5:00 p.m.

Wednesday, May 15 – 7:00 a.m.

Friday, May 17 – 7:00 a.m.

*Penn State Center for Healthy Aging presents “Redefining Aging: From Stereotypes to Science” with Martin Sliwinski, PhD (May 7, 2024)*

Monday, May 13 – 11:00 a.m.

Wednesday, May 15 – 9:00 a.m.

Thursday, May 16 – 7:00 p.m.

Saturday, May 18 – 12:00 a.m.

Sunday, May 19 – 3:00 p.m.

*State College Area High School Symphonic Band Spring Concert (May 1, 2024)*

Monday, May 13 – 7:00 p.m.

Wednesday, May 15 – 3:00 p.m.

Thursday, May 16 – 7:00 a.m.

Friday, May 17 – 11:00 a.m.

Saturday, May 18 – 9:00 a.m. & 8:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, May 14 – 7:00 a.m. & 4:00 p.m.

Thursday, May 16 – 4:00 p.m.

Friday, May 17 – 9:00 a.m.

Saturday, May 18 – 7:00 a.m.

*White House Chronicle*

Monday, May 13 – 5:00 p.m.

Thursday, May 16 – 6:30 p.m.

Saturday, May 18 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, May 13 – 8:00 a.m. & 5:30 p.m.

Tuesday, May 14 – 8:00 a.m.

Wednesday, May 15 – 8:00 a.m.

Thursday, May 16 – 5:30 p.m.

Friday, May 17 – 8:00 a.m.

Saturday, May 18 – 8:00 a.m.

Sunday, May 19– 2:30 p.m.