*Chair Yoga*

Monday, September 22 – 8:30 a.m. & 6:00 p.m.

Tuesday, September 23 – 6:30 a.m. & 8:30 a.m.

Wednesday, September 24 – 8:30 a.m.

Thursday, September 25 – 5:00 p.m.

Saturday, September 27 – 8:30 a.m.

*Constitution Day’s “Making Our Voices Heard” Round Table (September 20, 2025)*

Friday, September 26 – 3:30 p.m.

Saturday, September 27 – 9:00 a.m. & 8:00 p.m.

Sunday, September 28 – 7:00 p.m.

*Gentle Yoga*

Monday, September 22 – 6:00 a.m. & 10:00 a.m.

Tuesday, September 23 – 6:00 p.m.

Friday, September 26 – 6:00 a.m. & 10:00 a.m.

Saturday, September 27 – 6:00 a.m.

Sunday, September 28 – 6:00 a.m.

*High School Football: State College vs. Cumberland Valley (September 12, 2025)*

*\*Airings continue from last week*

Monday, September 22 – 11:00 a.m.

Tuesday, September 23 – 12:00 a.m.

*Moving Freely*

Monday, September 22 – 7:00 a.m.

Tuesday, September 23 – 5:00 p.m.

Wednesday, September 24 – 7:00 a.m.

Friday, September 26 – 7:00 a.m.

*Strength Training for Senior Citizens*

Tuesday, September 23 – 7:00 a.m. & 4:00 p.m.

Thursday, September 25 – 4:00 p.m.

Friday, September 26 – 9:00 a.m.

Saturday, September 27 – 7:00 a.m.

*Weather Or Not*

Thursday, September 25 – 6:15 p.m.

Friday, September 26 – 5:45 a.m. & 8:15 p.m.

Saturday, September 27 – 2:45 p.m.

*White House Chronicle*

Monday, September 22 – 5:00 p.m.

Thursday, September 25 – 6:30 p.m.

Saturday, September 27 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, September 22 – 8:00 a.m. & 5:30 p.m.

Tuesday, September 23 – 8:00 a.m.

Wednesday, September 24 – 8:00 a.m.

Thursday, September 25 – 5:30 p.m.

Friday, September 26 – 8:00 a.m.

Saturday, September 27 – 8:00 a.m.

Sunday, September 28 – 2:30 p.m.