*Around the County featuring Elizabeth Crisfield of ClearWater Conservancy (July 17, 2024)*

Thursday, August 8 - 6:00 p.m.

Friday, August 9 - 5:30 a.m. & 8:00 p.m.

Saturday, August 10 - 2:30 p.m.

*\*Additional airings continue next week*

*Chair Yoga*

Monday, August 5 – 8:30 a.m. & 6:00 p.m.

Tuesday, August 6 – 6:30 a.m. & 8:30 a.m.

Wednesday, August 7 – 8:30 a.m.

Thursday, August 8 – 5:00 p.m.

Saturday, August 10 – 8:30 a.m.

*Gentle Yoga*

Monday, August 5 – 6:00 a.m. & 10:00 a.m.

Tuesday, August 6 – 6:00 p.m.

Friday, August 9 – 6:00 a.m. & 10:00 a.m.

Saturday, August 10 – 6:00 a.m.

Sunday, August 11 – 6:00 a.m.

*Moving Freely*

Monday, August 5 – 7:00 a.m.

Tuesday, August 6 – 5:00 p.m.

Wednesday, August 7 – 7:00 a.m.

Friday, August 9 – 7:00 a.m.

*State College Area Board of School Directors Meeting (August 5, 2024)*

Monday, August 5 – 7:00 p.m. LIVE

Wednesday, August 7 – 3:00 p.m.

Thursday, August 8 – 7:00 a.m.

Friday, August 9 – 11:00 a.m.

Saturday, August 10 – 9:00 a.m. & 8:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, August 6 – 7:00 a.m. & 4:00 p.m.

Thursday, August 8 – 4:00 p.m.

Friday, August 9 – 9:00 a.m.

Saturday, August 10 – 7:00 a.m.

*White House Chronicle*

Monday, August 5 – 5:00 p.m.

Thursday, August 8 – 6:30 p.m.

Saturday, August 10 – 5:30 a.m.

*Zesty Chair Exercises*

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

Tuesday, August 6 – 8:00 a.m.

Wednesday, August 7 – 8:00 a.m.

Thursday, August 8 – 5:30 p.m.

Friday, August 9 – 8:00 a.m.

Saturday, August 10 – 8:00 a.m.

Sunday, August 11– 2:30 p.m.