*Chair Yoga*

Monday, October 21 – 8:30 a.m. & 6:00 p.m.

Tuesday, October 22 – 6:30 a.m. & 8:30 a.m.

Wednesday, October 23 – 8:30 a.m.

Thursday, October 24 – 5:00 p.m.

Saturday, October 26 – 8:30 a.m.

*Gentle Yoga*

Monday, October 21 – 6:00 a.m. & 10:00 a.m.

Tuesday, October 22 – 6:00 p.m.

Friday, October 25 – 6:00 a.m. & 10:00 a.m.

Saturday, October 26 – 6:00 a.m.

Sunday, October 27 – 6:00 a.m.

*Global Connections Television: Dr. Joe Young, Directors of the University of Kentucky’s Patterson School of Diplomacy and International Commerce*

Monday, October 21 – 4:00 p.m.

Tuesday, October 22 – 9:00 a.m. & 7:00 p.m.

Wednesday, October 23 – 6:00 a.m.

Sunday, October 27 – 7:00 p.m.

*High School Football: State College vs. Carlisle (October 18, 2024)*

Friday, October 25 – 8:30 p.m.

Saturday, October 26 – 3:00 p.m.

Sunday, October 27 – 7:00 a.m. & 11:00 a.m.

*Moving Freely*

Monday, October 21 – 7:00 a.m.

Tuesday, October 22 – 5:00 p.m.

Wednesday, October 23 – 7:00 a.m.

Friday, October 25 – 7:00 a.m.

*State College Area Board of School Directors Meeting (October 21, 2024)*

Monday, October 21 – 7:00 p.m. LIVE

Wednesday, October 23 – 3:00 p.m.

Thursday, October 24 – 7:00 a.m.

Friday, October 25 – 11:00 a.m.

Saturday, October 26 – 9:00 a.m. & 8:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, October 22 – 7:00 a.m. & 4:00 p.m.

Thursday, October 24 – 4:00 p.m.

Friday, October 25 – 9:00 a.m.

Saturday, October 26 – 7:00 a.m.

*Weather Or Not*

Thursday, October 24 – 6:15 p.m.

Friday, October 25 – 5:45 a.m. & 8:15 p.m.

Saturday, October 26 – 2:45 p.m.

*White House Chronicle*

Monday, October 21 – 5:00 p.m.

Thursday, October 24 – 6:30 p.m.

Saturday, October 26 – 5:30 a.m.

*Zesty Chair Exercise*

Monday, October 21 – 8:00 a.m. & 5:30 p.m.

Tuesday, October 22 – 8:00 a.m.

Wednesday, October 23 – 8:00 a.m.

Thursday, October 24 – 5:30 p.m.

Friday, October 25 – 8:00 a.m.

Saturday, October 26 – 8:00 a.m.

Sunday, October 27– 2:30 p.m.