*Chair Yoga*

Monday, March 24 – 8:30 a.m. & 6:00 p.m.

Tuesday, March 25 – 6:30 a.m. & 8:30 a.m.

Wednesday, March 26 – 8:30 a.m.

Thursday, March 27 – 5:00 p.m.

Saturday, March 29 – 8:30 a.m.

*Gentle Yoga*

Monday, March 24 – 6:00 a.m. & 10:00 a.m.

Tuesday, March 25 – 6:00 p.m.

Friday, March 28 – 6:00 a.m. & 10:00 a.m.

Saturday, March 29 – 6:00 a.m.

Sunday, March 30 – 6:00 a.m.

*Global Connections Television: Dr. Frank N. von Hippel*

Monday, March 24 – 4:00 p.m.

Tuesday, March 25 – 9:00 a.m. & 7:00 p.m.

Wednesday, March 26 – 6:00 a.m.

Sunday, March 30 – 7:00 p.m.

*Moving Freely*

Monday, March 24 – 7:00 a.m.

Tuesday, March 25 – 5:00 p.m.

Wednesday, March 26 – 7:00 a.m.

Friday, March 28 – 7:00 a.m.

*State College Area Board of School Directors Meeting (March 24, 2025)*

Monday, March 24 – 7:30 p.m. LIVE

Wednesday, March 26 – 3:00 p.m.

Thursday, March 27 – 7:00 a.m.

Friday, March 28 – 11:00 a.m.

Saturday, March 29 – 9:00 am. & 8:00 p.m.

*Strength Training for Senior Citizens*

Tuesday, March 25 – 7:00 a.m. & 4:00 p.m.

Thursday, March 27 – 4:00 p.m.

Friday, March 28 – 9:00 a.m.

Saturday, March 29 – 7:00 a.m.

*Weather Or Not*

Thursday, March 27 – 6:15 p.m.

Friday, March 28 – 5:45 a.m. & 8:15 p.m.

Saturday, March 29 – 2:45 p.m.

*White House Chronicle*

Monday, March 24 – 5:00 p.m.

Thursday, March 27 – 6:30 p.m.

Saturday, March 29 – 5:30 a.m.

*Zesty Chair Exercise*

Monday, March 24 – 8:00 a.m. & 5:30 p.m.

Tuesday, March 25 – 8:00 a.m.

Wednesday, March 26 – 8:00 a.m.

Thursday, March 27 – 5:30 p.m.

Friday, March 28 – 8:00 a.m.

Saturday, March 29 – 8:00 a.m.

Sunday, March 30 – 2:30 p.m.