

5:15PM STRETCH, WEIGHTS, & WALK

NITTANY MALL SPACE #990 2901 E. College Avenue State College, PA 16801 814-231-3076 www.crpr.org

AUGUST 2017

Open Monday-Friday, 8:00 AM-4:30 PM

11:30am lunch service, with the exception of BINGO days, where lunch will be served at 11:15am. You must pre-register for lunch.

Monday Tuesday Wednesday Thursday Friday 3 **SPIKES GAME** 9AM RUMMIKUB 9AM **GROCERY SHOPPING** \$15 (SIGN UP ANNUAL COUNTY PICNIC / PUZZLES 9AM RUMMIKUB **COMING IS SEPTEMBER NOW. LIMITED BALD EAGLE STATE PARK 10-10:30** LINE 10:30 BEGINNER BRIDGE LESSONS SEATS) TRIP TO RAYSTOWN **11AM** WEIGHT TRAINING \$6 DANCING LESSONS 10:45 AM LINE DANCING NOON - 2:30PM BRIDGE 9 AM HIKING **CENTER CLOSED 12:15PM** SENIOR SIZE EXERCISE 12:30-3:30PM ARTIST OPEN **11AM** WEIGHT TRAINING (THEME IS TROPICAL) 12:15PM HEALTHSOUTH **STUDIO** 12:30PM SECOND WINDS BAND **PRESENTATION 10:45AM** LINE DANCING PRACTICE 5:15PM STRETCH. WEIGHTS. & WALK SAT, AUGUST, 5-11 AM TAI CHI (Must pre-1:00 PM MAH JONGG LESSONS **1PM** CANASTA CRUISE AND LUNCH register 5-7 PM TAI CHI (Must pre-register) 8 9 10 11 **9AM** RUMMIKUB 9AM RUMMIKUB **9AM** RUMMIKUB **GROCERY SHOPPING** 9AM **PUZZLING** 9:45AM HEALTHY STEPS EXERCISE PICTURE / RUMMIKUB **PUZZLES PUZZLES 9AM** RUMMIKUB 9:30AM PENNY POKER 9 AM HIKING **10AM** LINE DANCING LESSONS **10AM** TRIAD MEETING 9:45AM HEATHLY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS **11AM** WEIGHT TRAINING **10:45AM** LINE DANCING 10:30 BEGINNER BRIDGE LESSONS **10AM** OPEN CRAFTS **10:45AM** LINE DANCING 12:30PM SECOND WINDS BAND **12:15PM** SENIOR SIZE EXERCISE **11AM** WEIGHT TRAINING 10:30AM-1:30PM BELLEFONTE ARTS **NOON MUSIC WITH AMY PRACTICE** WITH HEARTHSIDE **11AM** WEIGHT TRAINING **FESTIVAL** NOON - 2:30PM BRIDGE **1PM** CANASTA 1:00 PM MAH JONGG LESSONS NOON - 2:30PM BRIDGE 10:45AM LINE DANCING 12:15PM MUSICAL QIGONG 12:30-3:30PM ARTIST OPEN STUDIO 12:15PM 50/50 DRAWING 12:15PM HOME HEALTH 1PM HAND AND FOOT CANASTA NURSING PRES. SAT, AUGUST 12, 9-11 AM TAI CHI 1:00PM MAH JONGG 5-7 PM TAI CHI (Must pre-register) 5:15PM STRETCH, WEIGHTS, & WALK (Must pre-register)

14 **9AM** RUMMIKUB

9:30AM PENNY POKER 9:45AM HEALTHY STEPS

EXERCISE

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10:30-NOON INT. BRIDGE LESSONS

10:45AM LINE DANCING

NOON - 2:30PM BRIDGE

12:15PM MUSICAL OIGONG

1:00PM MAH JONGG

9AM RUMMIKUB

9:30AM PENNY POKER

10:45AM LINE DANCING

NOON - 2:30PM BRIDGE

12:15PM MUSICAL

1:00PM MAH JONGG

OIGONG

5:15PM STRETCH, WEIGHTS, & WALK

9:45AM HEALTHY STEPS EXERCISE

10:30-NOON INT. BRIDGE LESSONS

9AM RUMMIKUB

1PM CANASTA

12:30PM SECOND WINDS BAND

1:00 CANASTA

22

15

9AM

RUMMIKUB

10AM HIKING

11AM WEIGHT TRAINING

12:30PM SECOND WINDS BAND

NOON NICKEL BINGO

PUZZLES

PRACTICE

PUZZLES

9AM HIKING

11 AM WEIGHT

TRAINING

PRACTICE

23

16

9AM RUMMIKUB

PUZZLES

10AM LINE DANCING LESSONS

9AM RUMMIKUB / PUZZLES

10AM TRIP TO OLLIES AND

10:45AM LINE DANCING

LUNCH AT IHOP

10AM LINE DANCING LESSONS

10:30AM OMNI BLOOD PRESSURE

12:15PM SENIOR SIZE EXERCISE

1:00 PM MAH JONGG LESSONS

5-7 PM TAI CHI (Must pre-register)

WITH HEARTHSIDE

12:15PM BOOK DISCUSSION GROUP

10:45AM LINE DANCING

12:15PM SENIOR SIZE EXERCISE

1:00 PM MAH JONGG LESSONS

5-7 PM TAI CHI (Must pre-register)

24

17

9AM

CLUB

9AM RUMMIKUB

12:30 GENEALOGY

12:30-3:30PM ARTIST

OPEN STUDIO

11AM WEIGHT TRAINING

NOON - 2:30PM BRIDGE

GRANGE FAIR

GROCERY SHOPPING

10:30 BEGINNER BRIDGE LESSONS



CENTER CLOSED

5:15 PM STRETCH, WEIGHTS & WALK

25

pre-register)

18

9AM

9AM **PUZZLING PICTURE**

RUMMIKUB

9:45AM HEATHLY STEPS EXERCISE

PU77I ING PICTURE

9:45AM HEATHLY STEPS EXERCISE

1PM HAND AND FOOT CANASTA

SAT, Aug.19, 9-11 AM TAI CHI (Must

RUMMIKUB

10AM OPEN CRAFTS

10:45AM LINE DANCING

12:15PM 50/50 DRAWING

10AM OPEN CRAFTS

10:45AM LINE DANCING

12:15 PM SENIOR GROUP MEETING

1PM HAND AND FOOT CANASTA

5:15PM STRETCH WEIGHTS & WALK 28

9AM RUMMIKUB

9:30AM PENNY POKER

9:45AM HEALTHY STEPS EXERCISE

10:30-NOON INT. BRIDGE LESSONS

10:45AM LINE DANCING

NOON - 2:30PM BRIDGE

12:15PM MUSICAL OIGONG

12:15PM PROGRAM PLANNING

1:00PM MAH JONGG

5:15PM STRETCH, WEIGHTS, & WALK

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9AM RUMMIKUB / PUZZLES

9AM HIKING

11AM WEIGHT TRAINING

NOON DIME BINGO

12:30PM SECOND WINDS BAND

PRACTICE

1PM CANASTA

30

9AM RUMMIKUB / PUZZLES

10-10:30 LINE DANCING LESSONS

10:45 AM LINE DANCING

11:30 AM HOT DOG BAR

COVERED-DISH LABOR

DAY PICNIC

12:15PM SENIOR SIZE EXERCISE

1:00 PM MAH JONGG LESSONS

5-7 PM TAI CHI (Must pre-register)

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GROCERY SHOPPING

9AM RUMMIKUB

10 AM RIDE CATA TO

WALMART AND SHOP

10:30 BEGINNER BRIDGE LESSONS

11AM WEIGHT TRAINING

NOON - 2:30PM BRIDGE

12:30-3:30PM ARTIST OPEN STUDIO

5:15PM STRETCH, WEIGHTS, & WALK

SFPTFMBFR 1

COST SAVINGS DAY NO MEALS OR

TRANSPORTATION

10:45AM LINE DANCING

1PM HAND AND FOOT CANASTA