


















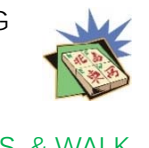


NITTANY MALL SPACE #990  
 2901 E. College Avenue  
 State College, PA 16801  
 814-231-3076 www.crpr.org

# MARCH 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
<p><b>MURDER MYSTERY LUNCHEON</b></p>  <p>APRIL 7, 2017            10:00AM-1:00PM            \$14R/\$21NR</p>	<p><b>IT'S TEA TIME!</b></p>  <p>MARCH 17, 2017            10:30AM-NOON            \$10R/\$15NR</p>	<p>1</p> <p>8:30-10:30 COMPUTER LESSONS            (Must pre-register)</p> <p>9AM RUMMIKUB / PUZZLES</p> <p>10-10:30 LINE DANCING LESSONS</p> <p>10:45 AM LINE DANCING</p> <p>12:15 PM MUSICAL QIGONG </p> <p>12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p>2</p> <p>9AM GROCERY SHOPPING</p> <p>9AM RUMMIKUB</p> <p>11AM WEIGHT TRAINING</p> <p>10:30 BEGINNER BRIDGE LESSONS</p> <p>NOON - 2:30PM BRIDGE</p> <p>12:30-3:30PM ARTIST OPEN STUDIO </p> <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>3</p> <p>9AM PUZZLING PICTURE RUMMIKUB</p> <p>10AM OPEN CRAFTS</p> <p>9:45AM HEALTHY STEPS EXERCISE</p> <p>10:45AM LINE DANCING</p> <p>12:15PM 50/50 DRAWING</p> <p>1PM HAND AND FOOT CANASTA</p>
<p>6</p> <p>9AM RUMMIKUB</p> <p>9:45AM HEALTHY STEPS EXERCISE</p> <p>9:30AM PENNY POKER</p> <p>10:30-NOON INT. BRIDGE LESSONS</p> <p>10:45AM LINE DANCING</p> <p>NOON - 2:30PM BRIDGE</p> <p>12:15 HOME NURSING AGENCY PRESENTATION</p> <p>1:00PM MAH JONGG </p> <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>7</p> <p>9AM RUMMIKUB / PUZZLES</p> <p>10AM HIKING</p> <p>10AM HEALTHY LIVING (JUICE PLUS)</p> <p>11AM WEIGHT TRAINING</p> <p>NOON NICKLE BINGO</p> <p>1PM CANASTA </p>	<p>8</p> <p>9AM RUMMIKUB PUZZLES</p> <p>10AM LINE DANCING LESSONS</p> <p>10 AM MUSICAL QIGONG</p> <p>10:45AM LINE DANCING</p> <p>12:15PM MUSICAL QIGONG</p> <p>12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p>9</p> <p>9AM GROCERY SHOPPING </p> <p>9AM RUMMIKUB</p> <p>11AM WEIGHT TRAINING</p> <p>10:30 BEGINNER BRIDGE LESSONS</p> <p>11AM WEIGHT TRAINING</p> <p>NOON - 2:30PM BRIDGE</p> <p>12:30-3:30PM ARTIST OPEN STUDIO</p> <p>5:15PM STRETCH, WEIGHTS, &amp; WALK</p>	<p>10</p> <p>9AM PUZZLING PICTURE RUMMIKUB</p> <p>10AM OPEN CRAFTS</p> <p>9:45AM HEALTHY STEPS EXERCISE</p> <p>10:45AM LINE DANCING</p> <p>12:15PM 50/50 DRAWING</p> <p>1PM HAND AND FOOT CANASTA</p> <p>SAT, MAR 11, 9-11 AM TAI CHI (Must pre-register)</p>

<p><b>13</b>  <b>9AM</b> RUMMIKUB  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>9:30AM</b> PENNY POKER  <b>10:30-NOON</b> INT. BRIDGE LESSONS  <b>10:45AM</b> LINE DANCING  <b>NOON - 2:30PM</b> BRIDGE  <b>1:00PM</b> MAH JONGG</p>  <p><b>5:15PM</b> STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>14</b>  <b>9AM</b> RUMMIKUB  PUZZLES  <b>10AM</b> HIKING  <b>11AM</b> WEIGHT TRAINING  <b>1PM</b> CANASTA</p> 	<p><b>15</b>  <b>8:30-10:30</b> COMPUTER LESSONS  <b>(Must pre-register)</b>  <b>9AM</b> RUMMIKUB / PUZZLES  <b>10AM</b> LINE DANCING LESSONS  <b>10:45AM</b> LINE DANCING  <b>10:30AM</b> OMNI BLOOD PRESSURE  <b>12:15PM</b> MUSICAL QIGONG  <b>12:15PM</b> SENIOR SIZE EXERCISE  WITH HEARTHSIDE  <b>12:15PM</b> BOOK DISCUSSION GROUP  <b>5-7 PM TAI CHI (Must pre-register)</b></p>	<p><b>16</b>  <b>9AM</b> GROCERY SHOPPING  <b>9AM</b> RUMMIKUB  <b>11AM</b> WEIGHT TRAINING  <b>10:30</b> BEGINNER BRIDGE LESSONS  <b>11AM</b> WEIGHT TRAINING  <b>NOON - 2:30PM</b> BRIDGE  CLUB  <b>12:30-3:30PM</b> ARTIST  OPEN STUDIO  <b>5:15PM</b> STRETCH, WEIGHTS, &amp; WALK</p> 	<p><b>17</b>  <b>9AM</b> PUZZLING PICTURE  RUMMIKUB  <b>10AM</b> OPEN CRAFTS  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>10:30AM -NOON</b> TEA TIME  <b>10:45AM</b> LINE DANCING  <b>12:15PM</b> 50/50 DRAWING  <b>1PM</b> HAND AND FOOT CANASTA  <b>SAT, MAR18, 9-11 AM TAI CHI (Must pre-register)</b></p> 
<p><b>20</b>  <b>9AM</b> RUMMIKUB  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>9:30AM</b> PENNY POKER  <b>10:30-NOON</b> INT. BRIDGE LESSONS  <b>10:45AM</b> LINE DANCING  <b>NOON - 2:30PM</b> BRIDGE  <b>1:00PM</b> MAH JONGG</p>  <p><b>5:15PM</b> STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>21</b>  <b>9 AM</b> HIKING  <b>10 AM</b> RUMMIKUB  <b>11 AM</b> WEIGHT TRAINING  <b>1:00</b> CANASTA</p> 	<p><b>22</b>  <b>9AM</b> RUMMIKUB  PUZZLES  <b>10AM</b> LINE DANCING LESSONS  <b>10:45AM</b> LINE DANCING  <b>12:15PM</b> MUSICAL QIGONG  <b>12:15PM</b> SENIOR SIZE EXERCISE  WITH HEARTHSIDE  <b>5-7 PM TAI CHI (Must pre-register)</b></p>	<p><b>23</b>  <b>9AM</b> GROCERY SHOPPING  <b>9AM</b> RUMMIKUB  <b>11AM</b> WEIGHT TRAINING  <b>10:30</b> BEGINNER BRIDGE LESSONS  <b>11AM</b> WEIGHT TRAINING  <b>NOON - 2:30PM</b> BRIDGE  <b>12:30-3:30PM</b> ARTIST OPEN STUDIO  <b>5:15 PM</b> STRETCH, WEIGHTS &amp; WALK</p> 	<p><b>24</b>  <b>9AM</b> PUZZLING PICTURE  RUMMIKUB  <b>10AM</b> OPEN CRAFTS  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>10:45AM</b> LINE DANCING  <b>NOON</b> DIME BINGO  <b>1PM</b> HAND AND FOOT CANASTA  <b>SAT, MAR 25, 9-11 AM TAI CHI (Must pre-register)</b></p> 
<p><b>27</b>  <b>9AM</b> RUMMIKUB  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>9:30AM</b> PENNY POKER  <b>10:30-NOON</b> INT. BRIDGE LESSONS  <b>10:45AM</b> LINE DANCING  <b>NOON - 2:30PM</b> BRIDGE  <b>12:15</b> PROGRAM PLANNING  <b>1:00PM</b> MAH JONGG</p>  <p><b>5:15PM</b> STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>28</b>  <b>9AM</b> RUMMIKUB  PUZZLES  <b>10AM</b> HIKING  <b>11AM</b> WEIGHT TRAINING  <b>1PM</b> CANASTA</p> 	<p><b>29</b>  <b>8:30-10:30</b> COMPUTER LESSONS  <b>(Must pre-register)</b>  <b>9AM</b> RUMMIKUB / PUZZLES  <b>10AM</b> LINE DANCING LESSONS  <b>10:45AM</b> LINE DANCING  <b>NOON:</b> MUSIC WITH AMY  <b>12:15PM</b> MUSICAL QIGONG  <b>12:15PM</b> SENIOR SIZE EXERCISE  WITH HEARTHSIDE  <b>5-7 PM TAI CHI (Must pre-register)</b></p>	<p><b>30</b>  <b>9AM</b> GROCERY SHOPPING  <b>9AM</b> RUMMIKUB  <b>11AM</b> WEIGHT TRAINING  <b>10:30</b> BEGINNER BRIDGE LESSONS  <b>NOON - 2:30PM</b> BRIDGE  <b>12:30-3:30PM</b> ARTIST OPEN STUDIO</p>  <p><b>5:15PM</b> STRETCH, WEIGHTS, &amp; WALK</p>	<p><b>31</b>  <b>9AM</b> PUZZLING PICTURE / RUMMIKUB  <b>10AM</b> OPEN CRAFTS  <b>9:45AM</b> HEALTHY STEPS EXERCISE  <b>10:45AM</b> LINE DANCING  <b>12:15PM</b> 50/50 DRAWING  <b>12:15PM</b> A DAY IN THE LIFE w/ DEMENTIA  <b>1PM</b> HAND AND FOOT CANASTA  <b>SAT, APRIL 1, 9-11 AM TAI CHI (Must pre-register)</b></p>