









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

MAY 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>1</p> <p>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 12:15 HOME NURSING AGENCY PRES. 12:15PM MUSICAL QIGONG  1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>2</p> <p>9AM RUMMIKUB PUZZLES</p> <p>9AM HIKING </p> <p>11AM WEIGHT TRAINING</p> <p>1 PM CANASTA</p>	<p>3</p> <p>8:30-10:30 COMPUTER LESSONS (Must pre-register)</p> <p>9AM RUMMIKUB / PUZZLES 9:30-1:00PM COUNTY ADVISORY COUNCIL 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE WITH HEARTH SIDE 5-7 PM TAI CHI (Must pre-register)</p>	<p>4</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO </p> <p>5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>5</p> <p>9AM PUZZLES, RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 11:30 CINCO DE MAYO  BRING A MEXICAN DISH TO SHARE 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA SAT, May 6, 9-11 AM TAI CHI</p>
<p>8</p> <p>9AM RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 9:30AM PENNY POKER 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING NOON - 2:30PM BRIDGE 12:15 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG</p> <p>5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>9</p> <p>9AM RUMMIKUB PUZZLES</p> <p>9AM HIKING</p> <p>10AM TRIP TO BURKHOLDERS </p> <p>11AM WEIGHT TRAINING</p> <p>1 PM CANASTA</p>	<p>10</p> <p>8:30-10:30 COMPUTER LESSONS (Must pre-register)</p> <p>9AM RUMMIKUB / PUZZLES 10-10:30 LINE DANCING LESSONS 10-11:30AM "JAMMING WITH JOHN" FROM THE SECOND WINDS BAND 10:45 AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p>11</p> <p></p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO</p> <p>5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>12</p> <p>9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA</p> <p>SAT, MAY 13, 9-11 AM TAI CHI (Must pre-register)</p>

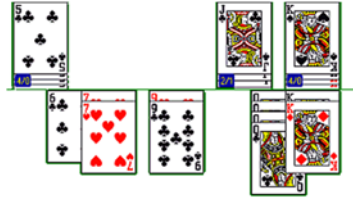
15

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 MUSICALQIGONG
1:00PM MAH JONGG

5:15PM STRETCH, WEIGHTS, & WALK

16

9AM RUMMIKUB
PUZZLES
9AM HIKING
11AM WEIGHT TRAINING
1PM CANASTA



17

8:30-10:30 COMPUTER LESSONS
(Must pre-register)
9AM RUMMIKUB / PUZZLES
10AM LINE DANCING LESSONS
10AM COOKING DEMONSTRATION
10:30AM OMNI BLOOD PRESSURE
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE
12:15PM BOOK DISCUSSION GROUP
5-7 PM TAI CHI (Must pre-register)

18

8:30-9:30 BREAKFAST
PENNY BINGO
9:30-2:00 SENIOR EXPO AT THE MALL
9AM GROCERY SHOPPING
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30 GENEALOGY CLUB
12:30-3:30PM ARTIST OPEN STUDIO
5:15PM STRETCH, WEIGHTS, & WALK



19

9AM PUZZLES
RUMMIKUB
9:45AM HEALTHY STEPS EXERCISE
10AM OPEN CRAFTS
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15PM SENIOR GROUP MEETING
1PM HAND AND FOOT CANASTA
SAT, MAY 20, 9-11 AM TAI CHI
(Must pre-register)

22

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 MUSICALQIGONG
1:00PM MAH JONGG

5:15PM STRETCH, WEIGHTS, & WALK



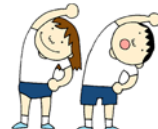
23

9AM RUMMIKUB
PUZZLES
9AM HIKING
11 AM WEIGHT TRAINING
9AM TRIP TO BOSCOVS, HOBBY
LOBBY AND DAVE'S DREAM
1:00 CANASTA



24

9AM RUMMIKUB
PUZZLES
10AM LINE DANCING LESSONS
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE
WITH HEARTHSIDE
5-7 PM TAI CHI (Must pre-register)



25

9AM GROCERY SHOPPING
9AM RUMMIKUB
10:30AM PICNIC AT SPRING CREEK
10:30 BEGINNER BRIDGE LESSONS
11AM WEIGHT TRAINING
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN STUDIO
5:15 PM STRETCH, WEIGHTS & WALK



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**COST SAVINGS
DAY
NO MEALS OR
TRANSPORTATION**

29

CENTER CLOSED



30

9AM RUMMIKUB
PUZZLES
9AM HIKING
11AM WEIGHT TRAINING
NOON DIME
BINGO
1PM CANASTA



31

9AM RUMMIKUB
PUZZLES
10AM LINE DANCING LESSONS
10AM PROJECT SHARE
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE
WITH HEARTHSIDE
5-7 PM TAI CHI (Must pre-register)

**MARK YOUR CALENDAR
SEVEN MOUNTAINS
PICNIC AT THE WINERY**



JUNE 27TH

**SIGHT AND SOUND,
THE STORY OF JONAH**



JULY 19TH