



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

NOVEMBER 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

MARK YOUR CALENDAR

12/13/17

ACTIVE ADULT CENTER HOLIDAY PARTY



BRING AN APPETIZER TO SHARE
 SECOND WINDS BAND ENTERTAINING
 NOON-1:00PM

MARK YOUR CALENDAR

12/15/17



HOLIDAY PARTY AT THE PENN STATER
 (Must pre-register)

1

8:30-10:30 COMPUTER LESSONS

(Must pre-register)

9AM RUMMIKUB / PUZZLES

9 AM-11AM FLU SHOTS



(Must pre-register)

10-10:30 LINE DANCING LESSONS

10:45 AM LINE DANCING

12:15 PM BELL CHOIR PRACTICE

1:00 PM MAH JONGG BEGINNERS

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

2

9AM GROCERY SHOPPING

9AM RUMMIKUB

11AM WEIGHT TRAINING

10:30 BEGINNER BRIDGE LESSONS

NOON - 2:30PM BRIDGE

12:30-3:30PM ARTIST OPEN STUDIO



5:15PM STRETCH, WEIGHTS, & WALK

3

2nd ANNUAL



OLD BAG



AUCTION



CENTER ONLY OPEN TO AUCTION PARTICIPANTS

SAT, NOV 4 TAI CHI 9-11 AM

(Must pre-register)

6

9AM RUMMIKUB

9:45AM HEALTHY STEPS EXERCISE

9:30AM PENNY POKER

10:30-NOON INT. BRIDGE LESSONS

10:45AM LINE DANCING

11:00AM LADORE PRESENTATION

NOON BRIDGE

NOON MUSIC WITH AMY

12:15PM HOME NURSING AGENCY PRESENTATION

12:15PM MUSICAL QIGONG

1:00PM MAH JONGG

7

9AM RUMMIKUB / PUZZLES

10AM HIKING

10AM HEALTHY LIVING (JUICE PLUS)

11AM WEIGHT TRAINING

NOON NICKLE

BINGO

1PM CANASTA



8

9AM RUMMIKUB / PUZZLES

10AM LINE DANCING LESSONS

10AM MEDICARE APPTS (Must pre-register)

10:30AM COOKING WITH LACRETA

10:45AM LINE DANCING

12:15PM MUSICAL QIGONG

12:15PM SENIOR SIZE EXERCISE

WITH ARISTACARE

1:00 PM MAH JONGG BEGINNERS

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

9

9AM GROCERY SHOPPING

9AM RUMMIKUB

11AM WEIGHT TRAINING

10:30 BEGINNER BRIDGE LESSONS

11AM WEIGHT TRAINING

NOON - 2:30PM BRIDGE

12:30-3:30PM ARTIST OPEN STUDIO



5:15PM STRETCH, WEIGHTS, & WALK

10


VETERAN'S DAY



CENTER CLOSED

SAT, NOV 11, 9-11 AM TAI CHI (Must pre-register)

13
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
12:15PM MUSICAL
QIGONG
1:00PM MAH JONGG




5:15PM STRETCH, WEIGHTS, & WALK

14
9AM RUMMIKUB
 PUZZLES
10AM HIKING
11AM WEIGHT TRAINING
12:30PM SECOND WINDS BAND
 PRACTICE
1PM CANASTA



15
8:30-10:30 COMPUTER LESSONS
(Must pre-register)
9AM RUMMIKUB / PUZZLES
9 AM TRIP TO SELINGSGROVE BOSCOVS AND COUNTRY CUPBOARD FOR LUNCH
10AM LINE DANCING LESSONS
10:45AM LINE DANCING
10:30AM OMNI BLOOD PRESSURE
12:15PM BOOK DISCUSSION GROUP
1:00 PM MAH JONGG BEGINNERS

16
9AM GROCERY SHOPPING
9AM RUMMIKUB
11AM WEIGHT TRAINING
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

17
9AM PUZZLING PICTURE
 RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHY STEPS EXERCISE
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15 PM BELL CHOIR PRACTICE
1PM HAND AND FOOT CANASTA

SAT, NOV 18, 9-11 AM TAI CHI (Must pre-register)

20
9AM RUMMIKUB
9:45AM HEALTHY STEPS EXERCISE
9:30AM PENNY POKER
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
11:30AM THANKSGIVING
 COVERED DISH LUNCHEON
NOON - 2:30PM BRIDGE
12:15PM MUSICAL QIGONG
1:00PM MAH JONGG



21
9 AM HIKING
10 AM RUMMIKUB
11 AM WEIGHT TRAINING
NOON DIME BINGO
1:00 CANASTA



22
9AM RUMMIKUB
 PUZZLES
10AM LINE DANCING LESSONS
10:45AM LINE DANCING
12:15PM SENIOR SIZE EXERCISE
 WITH ARISTACARE
1:00 PM MAH JONGG BEGINNERS

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

23
 HOLIDAY

 CENTER CLOSED

24
 HOLIDAY

 CENTER CLOSED

27
COST SAVINGS DAY
NO MEALS OR TRANSPORTATION
9:30AM PENNY POKER
10:30-NOON INT. BRIDGE LESSONS
10:45AM LINE DANCING
NOON - 2:30PM BRIDGE
1:00PM MAH JONGG


28
9AM RUMMIKUB
 PUZZLES
10AM HIKING
11AM WEIGHT TRAINING
12:30PM SECOND WINDS BAND
 PRACTICE
1PM CANASTA



29
8:30-10:30 COMPUTER LESSONS
(Must pre-register)
9AM RUMMIKUB / PUZZLES
10AM LINE DANCING LESSONS
10:45AM LINE DANCING
12:15 PM BELL CHOIR PRACTICE
1:00 PM MAH JONGG BEGINNERS

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

30
9AM GROCERY SHOPPING
9AM RUMMIKUB
11AM WEIGHT TRAINING
10:30 BEGINNER BRIDGE LESSONS
NOON - 2:30PM BRIDGE
12:30-3:30PM ARTIST OPEN
 STUDIO



5:15PM STRETCH, WEIGHTS, & WALK

1
9AM PUZZLING PICTURE
 RUMMIKUB
10AM OPEN CRAFTS
9:45AM HEALTHY STEPS EXERCISE
10:45AM LINE DANCING
12:15PM 50/50 DRAWING
12:15 PM PROGRAM PLANNING
1PM HAND AND FOOT CANASTA
SAT, DEC 1, 9-11 AM TAI CHI (Must pre-register)