














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

SEPTEMBER 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>COMING IN OCTOBER</p> <p>TRIP TO CULINARY SCHOOL AND WOOLRICH OCTOBER 10TH \$30 (SIGN UP NOW)</p>	<p>COMING IN NOVEMBER</p> <p>FLU SHOTS NOVEMBER 1ST 9:00-11:00 (SIGN UP NOW)</p> <p>MEDICARE</p>	<p>COMING IN DECEMBER</p> <p>HOLIDAY PARTY AT THE PENN STATER DECEMBER 15TH \$25 (SIGN UP NOW)</p>	<p>DAYS CENTER CLOSED</p> <p>9/4/17 11/23/17 9/26/17 11/24/17 12/25/17</p> <p>COST SAVINGS DAYS</p> <p>9/1/17 10/9/17 11/27/17</p>	<p>1</p> <p>COST SAVINGS DAY</p> <p>NO MEALS OR TRANSPORTATION</p> <p>10:45AM LINE DANCING 1PM HAND AND FOOT CANASTA</p> <p>SAT, Sept. 2, 9-11 AM TAI CHI (Must pre-register)</p>
<p>4</p> <p>CENTER</p>  <p>CLOSED</p>	<p>5</p> <p>9AM RUMMIKUB PUZZLES 9 AM HIKING 11AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p> 	<p>6</p> <p>9AM RUMMIKUB PUZZLES 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 11:00-1:00 LUNCH AT HEALTH SOUTH (MUST PRE-REGISTER) 12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE 1:00 PM MAH JONGG LESSONS</p> <p>5-7 PM TAI CHI (Must pre-register)</p>	<p>7</p> <p>9AM GROCERY SHOPPING 9AM RUMMIKUB 10AM TRIAD MEETING 10:30 BEGINNER BRIDGE LESSONS NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO</p>  <p>5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>8</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, Sept 9, 9-11 AM TAI CHI (Must pre-register)</p>

<p>11 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 QIGONG 12:15PM HOME NURSING AGENCY PRESENTATION 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>12 9AM RUMMIKUB PUZZLES 10AM HIKING 11AM WEIGHT TRAINING NOON NICKEL BINGO 12:30PM SECOND WINDS BAND PRACTICE 1PM CANASTA</p> 	<p>13 8:30-2:00 RUMMIKUB TOURNAMENT AT JUNIPER (SIGN UP NOW) 9AM RUMMIKUB / PUZZLES 10AM LINE DANCING LESSONS 10:30AM OMNI BLOOD PRESSURE 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE WITH HEARTHSIDE 12:15PM BOOK DISCUSSION GROUP 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p>	<p>14 9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>15 9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 12:15 MEDICARE FRAUD PREVENTION 1PM HAND AND FOOT CANASTA SAT, Sept. 16, 9-11 AM TAI CHI (Must pre-register)</p>
<p>18 9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-2:30 BRIDGE 10:45AM LINE DANCING 10:30-3:00 RIDE CATA, EAT AT THE DINER AND THEN MOVIE AT THE STATE THEATER "20th CENTURY WOMAN" 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>19 9AM RUMMIKUB PUZZLES 9AM HIKING 11 AM WEIGHT TRAINING 12:30PM SECOND WINDS BAND PRACTICE 1:00 CANASTA</p> 	<p>20 9AM RUMMIKUB PUZZLES 9AM-NOON HEALTH AND WELLNESS AT THE OAKS (SIGN UP NOW) 10AM LINE DANCING LESSONS 10:45AM LINE DANCING 12:15PM SENIOR SIZE EXERCISE 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p>	<p>21 9AM GROCERY SHOPPING 9AM RUMMIKUB 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</p> 	<p>22 9AM PUZZLING PICTURE RUMMIKUB 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10AM CARD HOLDER CRAFT WITH CAROL \$3 (MUST PRE REGISTER) 10:45AM LINE DANCING 1PM HAND AND FOOT CANASTA SAT, Sept 23, 9-11 AM TAI CHI (Must pre-register)</p>
<p>25 9AM RUMMIKUB 9:30AM PENNY POKER 9:45AM HEALTHY STEPS EXERCISE 10:30-NOON INT. BRIDGE LESSONS 10:45AM LINE DANCING 11:30 BAKED POTATO BAR \$4 NOON - 2:30PM BRIDGE 12:15PM MUSICAL QIGONG 1:00PM MAH JONGG 5:15PM STRETCH, WEIGHTS, & WALK</p> 	<p>26 8AM RAYSTOWN TRIP (MUST PRE-REGISTER) CENTER CLOSED. JOIN US IN THE RAYSTOWN TRIP. TWO HOUR CRUISE AND GOURMET LUNCH \$48</p> 	<p>27 9AM RUMMIKUB / PUZZLES 10AM PROJECT SHARE "TOWARDS DAYLIGHT" SUICIDE PREVENTION 10-10:30 LINE DANCING LESSONS 10:45 AM LINE DANCING NOON DIME BINGO WITH DANA 12:15PM SENIOR SIZE EXERCISE 1:00 PM MAH JONGG LESSONS 5-7 PM TAI CHI (Must pre-register)</p> 	<p>28 9AM GROCERY SHOPPING 9AM RUMMIKUB 10:30 BEGINNER BRIDGE LESSONS 11AM WEIGHT TRAINING NOON - 2:30PM BRIDGE 12:30-3:30PM ARTIST OPEN STUDIO 5:15PM STRETCH, WEIGHTS, & WALK</p>	<p>29 9AM PUZZLING PICTURE RUMMIKUB 9-1:30PM ELDER ABUSE TASK FORCE DAY AT THE OAKS (SIGN UP NOW) 9:45AM HEALTHY STEPS EXERCISE 10AM OPEN CRAFTS 10:45AM LINE DANCING 12:15PM 50/50 DRAWING 1PM HAND AND FOOT CANASTA SAT, Sept.30, 9-11 AM TAI CHI (Must pre-register)</p>