

NITTANY MALL SPACE #990

2901 E. College Avenue, State College, PA 16801 | PHONE: (814) 231-3076 | ONLINE: www.crpr.org





Staff!

The Center is open Monday-Friday, 9 AM - 3 PM.

11:45 AM Lunch Service - You must pre-register for

lunch a week in advance. Contact Staff at

(814) 231-3076 to register.

Monday

Please join the AAC on Wednesday, Feb. 14th at 10:00 AM for our Valentine's Celebration!

Enjoy Games, food, and fun

Tuesday

Please ioin **Centre Region Parks &** Recreation

on Saturday Feb. 10th from 3 PM to 5 PM at Blue Spring Park for the 6th Annual Winter Carnival! It's FREE to attend and open to the public!



Wednesday

Please Note: **Activities are subject to** change without advanced notice.



Thursday

9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:45 AM The Price is Right with

11:45 AM Lunch 12 PM Open Artist Studio

5:15 PM Get Me Moving

Groundhog Day!

9 AM Games & Puzzles 9:30 AM 500 Bid Card Game

9-9:30 AM Silversneaker Boom

Friday

9:45-10:30 AM Silversneaker Mind

10 AM Learn to write your autobiography – Week 4

10:30 AM Let's Celebrate Groundhog Day!

10:45 AM Line Dancing

11:45 AM Lunch

Saturday, Feb. 3rd, 9-11 AM Tai Chi (Pre-Register)

AAC "Soup"er Bowl Wear your Favorite Football Team

shirt or jersey!

9 AM Games & Puzzles 9:30 AM 500 Bid Card Game

9-9:30 AM Silversneaker Boom

9:45-10:30 AM Silversneaker Mind

10:30 AM Games with Staff!

10:45 AM Line Dancing

11:45 AM "Soup"er Bowl AAC

Fundraiser Soup Lunch – Cost \$5 (*No regular meals this day)

Saturday, Feb. 10th, 9-11 AM Tai Chi

9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10:30 AM Open Crafts 10:45 AM Line Dancing 11:45 AM Lunch 12 PM MahJongg

5:15 PM Get Me Moving

9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Card Making w/Karen 11:45 AM Lunch

12 PM Canasta



9:30 AM Penny Poker 10:30 AM Nickle Bingo



5 PM Tai Chi (Pre-Register)

Let's Celebrate the **Chinese New Year**

The Year of the Dragon!

9 AM Games & Puzzles 9:30 AM Healthy Steps

10:30 AM Bridge

10:30 AM Chinese New Year Celebration

11:45 AM Lunch

12 PM Open Artist Studio

5:15 PM Get Me Moving

9 AM Games & Puzzles

10 AM Line Dancing Lessons

10:45 AM Line Dancing

11:45 AM Lunch

12:30 PM MahJongg

12

9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10:30 AM Open Crafts 10:45 AM Line Dancing 11:45 AM Lunch

12 PM MahJongg

5:15 PM Get Me Moving

13 OUTING - BREAKFAST AT THE WAFFLE SHOP THEN **2000 DEGREES POTTERY STUDIO**

9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 11:45 AM Lunch 12 PM Canasta

5:30 PM ACAP Meeting (Adult **Children of Aging Parents)**

9 AM Games & Puzzles

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9:30 AM Penny Poker 10 AM Line Dancing Lessons

10:30 AM Valentine's Celebration

10:45 AM Line Dancing 11:45 AM Lunch

12:15 PM Book Club with Karen from **Schlow Library Book "The Queen of** Dirt Island" By: Donal Ryan

12:30 PM MahJongg

5 PM Tai Chi (Pre-Register)

PSU Photo Journalism Students are here!!

9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:45 AM February Birthday Celebration

11:45 AM Lunch 12 PM Open Artist Studio

5:15 PM Get Me Moving

9:30 AM Healthy Steps

presents on "Cold and Flu

10:30 AM Family Home Health

12 PM Open Artist Studio

10:30 AM Bridge

11:45 AM Lunch

Prevention "

9 AM Games & Puzzles

16 **COST SAVINGS DAY NO MEALS OR COUNTY VANS**

9 AM Games & Puzzles 9-9:30 AM Silversneaker Boom 9:30 AM 500 Bid Card Game 9:45-10:30 AM Silversneaker Mind 10 AM Learn to write your autobiography – Week 5 10:45 AM Line Dancing

CENTER CLOSING AT 1 PM

Saturday, Feb. 17th, 9-11 AM Tai Chi (Pre-register)

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9 AM Games & Puzzles 9-9:30 AM Silversneaker Boom 9:30 AM 500 Bid Card Game 9:45-10:30 AM Silversneaker Mind 10 AM Crafting with Staff 11:45 AM Lunch

Saturday, Feb. 24th, 9-11 AM Tai Chi (Pre-Register)

CENTER CLOSED



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9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Mardi Gras Celebration! 11:45 AM Lunch



12 PM Canasta



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9 AM Games & Puzzles 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:30 AM Dime Bingo 10:45 AM Line Dancing 11:45 AM Lunch 12:30 PM MahJongg



5 PM Tai Chi (Pre-Register)

5:15 PM Get Me Moving

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9 AM Games & Puzzles 9:30 AM Penny Poker 9:30 AM Healthy Steps 10 AM Jewelry Making 101 with

Dawn, pre-register, \$6 10:45 AM Line Dancing

11:45 AM Lunch 12 PM MahJongg



5:15 PM Get Me Moving

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9 AM Games & Puzzles 9:30 AM Pinochle 10:30 AM Bridge 10:30 AM Welcoming Back the Master Gardeners! 11:45 AM Lunch

12 PM Canasta

28

9 AM Games & Puzzles 9:30 AM Penny Poker 10 AM Line Dancing Lessons 10:30 AM Ice Cream Social with Celebration Villa 10:45 AM Line Dancing

11:45 AM Lunch 12:30 PM MahJongg

5 PM Tai Chi (Pre-Register)

29 OUTING - CONSIGNMENT SHOP "HOPPING" & LUNCH at OLIVE GARDEN

9 AM Games & Puzzles 9:30 AM Healthy Steps 10:30 AM Bridge 10:45 AM Leap Year Trivia! 11:45 AM Lunch 12 PM Open Artist Studio

5:15 PM Get Me Moving

Open Enrollment for The Winter/Spring Program Sessions began on 12/08/23

Sign up at www.crpr.org -Visit the

Active Adults page, then the online registration button. Program fees can be paid online or at the Front Desk. Please see staff if you need assistance or have questions.