








Don't forget to  
sign up for  
"Senior Games"



## May 2024 Calendar

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	Tuesday	Wednesday	Thursday	Friday
<p><u><b>CENTRE COUNTY SENIOR GAMES!</b></u></p> <p>Join the Office of Aging, the AAC and Juniper Village for some friendly competition. Please see Center Staff to register for the Senior Games events! COST \$10 includes participation in one or all events and lunch at the Awards/Luau picnic on 8/02 at Tudek Park Pavilion #1. Musial entertainment provided by Heather Olson</p>	<p>Outings are on a first come first serve basis. You must see AAC staff at the front desk to sign up. It is your responsibility to sign up for outings, staff cannot assume that you would like to attend!</p> <div>  <p>CENTRE COUNTY OFFICE OF AGING Helps to financial support the Centre Region Parks and Recreation Active Adult Center</p> </div>	<p><b>1</b> 9 AM Games &amp; Puzzles</p> <p>9:10 AM <b>Healthy Steps (45 min. class)</b></p> <p>9:30 AM Penny Poker</p> <p>10 AM Line Dancing Lessons</p> <p>10:30 AM <b>Kentucky Derby Party</b> <b>*wear your favorite Derby Hat!</b> <b>"Horse Racing, snacks and Mocktail Mint Juleps!"</b></p> <p>10:45 AM Line Dancing</p> <p>11:45 AM Lunch</p> <p>12:30 PM MahJongg</p> <p><b>5 PM Tai Chi (Pre-Register)</b></p> <div>  <p>KENTUCKY DERBY</p> </div>	<p><b>2</b> <b>OUTING TO THE BOALSBURG MILITARY MUSEUM &amp; LUNCH AT HONEY BAKED HAM (COST: \$6 + \$1 VAN) *limited seating</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM Healthy Steps</p> <p>10:30 AM Bridge</p> <p>11:45 AM Lunch</p> <p>12 PM Open Artist Studio</p> <p><b>5:00 PM Get Me Moving</b></p> <div>  </div>	<p><b>3</b> <b>Let's Celebration "May the 4th Be with You Day"! Wear something Star Wars</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM 500 Bid Card Game</p> <p>9-9:30 AM <b>Silversneaker Boom</b></p> <p>9:45-10:30 AM <b>Silversneaker Mind</b></p> <p>10 AM Canasta</p> <p>10:30 AM <b>Five of my favorite stars solar presentation by Neil Brant</b></p> <p>10:45 AM Line Dancing</p> <p>11:45 AM Lunch</p> <p><b>Saturday, May 4th, 9-11 AM Tai Chi</b></p>
<p><b>6</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM Penny Poker</p> <p>9:30 AM Healthy Steps</p> <p>10:30 AM <b>Card Making w/Karen</b></p> <p>10:45 AM Line Dancing</p> <p>11:45 AM Lunch</p> <p>12 PM MahJongg</p> <p><b>5:00 PM Get Me Moving</b></p> <div>   </div>	<p><b>7</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM Pinochle</p> <p>10:30 AM Bridge</p> <p>10:30 AM <b>Master Gardeners presents on "Planting Annuals"</b></p> <p>11:45 AM Lunch</p> <p>12 PM Canasta</p> <p>5:30 PM ACAP Meeting (Adult Children of Aging Parents)</p> <div>  </div>	<p><b>8</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM Penny Poker</p> <p>10 AM Line Dancing Lessons</p> <p>10:30 AM <b>TRIAD presents on "Crisis Intervention Trainline"</b></p> <p>10:45 AM Line Dancing</p> <p>11:45 AM Lunch</p> <p>12:15 PM <b>Book Club with Karen from Schlow Library – "The Housemaid" by: Frida McFadden</b></p> <p>12:30 PM MahJongg</p> <p><b>5 PM Tai Chi (Pre-Register)</b></p>	<p><b>9</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM Healthy Steps</p> <p>10:30 AM Bridge</p> <p>10:30 AM <b>Nickle Bingo</b></p> <p>11:45 AM Lunch</p> <p>12 PM Open Artist Studio</p> <p><b>5:00 PM Get Me Moving</b></p> <div>  </div>	<p><b>10</b></p> <p>9 AM Games &amp; Puzzles</p> <p>9:30 AM 500 Bid Card Game</p> <p>9-9:30 AM <b>Silversneaker Boom</b></p> <p>9:45-10:30 AM <b>Silversneaker Mind</b></p> <p>10 AM <b>Mother's Day Tea Party with guest, musical guest Heather Olson</b> <b>*All are welcome, 1 guest per participant, please RSVP by 05/07/24</b></p> <p>10:45 AM Line Dancing</p> <p><b>Saturday, May 11th, 9-11 AM Tai Chi (Pre-Register)</b></p>

<p><b>13 National Chocolate Chip Cookie Day!</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Penny Poker  9:30 AM Healthy Steps  10:30 AM <b>Jewelry Making 101 with Dawn</b>, pre-register, limited seating, \$8  10:30 AM <b>Open Crafts</b>  10:45 AM Line Dancing  11:45 AM Lunch  12 PM MahJongg</p>   <p>5:00 PM Get Me Moving</p>	<p><b>14</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Pinochle  9:30 AM <b>Senior Games – Cornhole “Singles” Tournament!</b>  <b>*Must sign up by 05/10/24. If you would like to order lunch, you must do so by 05/06/24, \$2 donation.</b></p> <p>10:30 AM Bridge  11:45 AM Lunch  12 PM Canasta</p> 	<p><b>15 OUTING TO MARSHALS/OLLIES &amp; LUNCH AT GRAND BUFFET IN MILL HALL!</b></p> <p>9 AM Games &amp; Puzzles  9:10 AM <b>Healthy Steps (45 min. class)</b>  9:30 AM Penny Poker  10 AM Line Dancing Lessons  10:45 AM Line Dancing  11:45 AM Lunch  12:30 PM MahJongg  12:30 PM <b>Learn MahJongg *Must Pre-Register/Limited Seating/Cost \$10</b></p> <p>5 PM Tai Chi (Pre-Register)</p>	<p><b>16</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Healthy Steps  10:30 AM Bridge  10:30 AM <b>Patriotic Bingo with Celebration Villa of Nittany Valley</b>  11:45 AM Lunch  12 PM Open Artist Studio</p>  <p>5:00 PM Get Me Moving</p>	<p><b>17</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM 500 Bid Card Game  9-9:30 AM <b>Silversneaker Boom</b>  9:45-10:30 AM <b>Silversneaker Mind</b>  10 AM Canasta  10:30 AM <b>Games with Staff</b>  10:45 AM Line Dancing  11:45 AM Lunch</p> <hr/> <p>Saturday, May 18th, 9-11 AM Tai Chi (Pre-Register)</p>
<p><b>20</b></p> <p>9 AM Games &amp; Puzzle  9:30 AM Penny Poker  9:30 AM Healthy Steps  10:30 AM <b>Encompass presents “April Showers bring May flowers” Planting craft! You must sign up to participate.</b>  10:45 AM Line Dancing  11:45 AM Lunch  12 PM MahJongg</p>   <p>5:00 PM Get Me Moving</p>	<p><b>21</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Pinochle  10:30 AM Bridge  10:30 AM <b>Master Gardeners presents on “T-Shirt Stamping”</b>  11:45 AM Lunch  12 PM Canasta</p>  	<p><b>22</b></p> <p><b>CENTER CLOSED FOR PRIVATE MEMORIAL</b></p>  <p>5 PM Tai Chi (Pre-Register)</p>	<p><b>23</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Healthy Steps  10:30 AM <b>May Birthday Celebration with Juniper Village</b>  11:45 AM Lunch  12 PM Open Artist Studio</p>  <p>5:00 PM Get Me Moving</p>	<p><b>24</b></p> <p><b>CENTER CLOSED</b>  Cost Savings Day No Meals or Vans  Open to Instructional Classes ONLY.</p> <p>9-9:30 AM <b>Silversneaker Boom</b>  9:45-10:30 AM <b>Silversneaker Mind</b>  10:45 AM Line Dancing</p> <hr/> <p>Saturday, May 25th, 9-11 AM Tai Chi (Pre-Register)</p>
<p><b>27</b></p> <p><b>CENTER CLOSED In Observance of</b></p> 	<p><b>28</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Pinochle  9:30 AM <b>Walk the Parks w/Lu</b>  <b>*Walking Circleville Park (Weather permitting)</b>  10:30 AM Bridge  11:45 AM Lunch  12 PM Canasta</p>	<p><b>29</b></p> <p>9 AM Games &amp; Puzzles  9:10 AM <b>Healthy Steps (45 min. class)</b>  9:30 AM Penny Poker  10 AM Line Dancing Lessons  10:30 AM <b>Project Share</b>  10:45 AM <b>Dime Bingo</b>  10:45 AM Line Dancing  11:45 AM Lunch  12:30 PM MahJongg  12:30 PM <b>Learn MahJongg</b></p>  <p>5 PM Tai Chi (Pre-Register)</p>	<p><b>30</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM Healthy Steps  10 AM <b>Container Gardening class w/ Lu at Spring Creek Park Cost \$12</b>  10:30 AM Bridge  11:45 AM Lunch  12 PM Open Artist Studio</p>  <p>5:00 PM Get Me Moving</p>	<p><b>31</b></p> <p>9 AM Games &amp; Puzzles  9:30 AM 500 Bid Card Game  9-9:30 AM <b>Silversneaker Boom</b>  9:45-10:30 AM <b>Silversneaker Mind</b>  10 AM Canasta  10:30 AM <b>Prize Bingo with Capital Blue Cross</b>  10:45 AM Line Dancing  11:45 AM <b>Memorial Day Pot Luck! Sign up to bring a dish or dessert to share!</b></p> <hr/> <p>Saturday, June 1st, 9-11 AM Tai Chi (Pre-Register)</p>