


July 2024

Central Blair Senior Center, 1320 12th Avenue in Altoona

Tammi Ingham, Center Coordinator: 814-946-1235

Open: Monday through Friday from 8 a.m. - 4 p.m.



Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8:30 a.m. Light Aerobics. 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo	10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bingo 1 p.m. German Class	8:30 a.m. Light Aerobics 11 a.m. Special Bingo 1 p.m. Card Game Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	CENTER CLOSED 	8:30 a.m. Light Aerobics 10 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
8	9	10	11	12
8:30 a.m. Light Aerobics 10:30 a.m. Back Porch Music 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo	10:30 a.m. Stretch with EJ 11 a.m. Blood Pressure Screening 11 a.m. Tone and Fit with EJ 1 p.m. German Class	8:30 a. m. Light Aerobics 11:00 a.m. Special Bingo 1 p.m. Card Game Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	9:30 a.m.-11:30 a.m. PSU Students Presentation 9:30 a.m. Stretch with EJ 10 a.m. Tone and Fit with EJ 10 a.m. Toprary Craft 1 p.m. Bonus Bingo	8:30 a.m. Light Aerobics 10 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
15	16	17	18	19
8:30 a.m. Light Aerobics. 11:00 a. m. Health Presentation 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo	10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bingo 1 p.m. German Class	8:30 a.m. Light Aerobics 11 a.m. Blood Pressure Screening 1 p.m. Card Game Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	9:30 a.m. Stretch with EJ 10 a.m. Tone and Fit with EJ 10 a.m. Birds and Bugs Craft 1 p.m. Bonus Bingo	8:30 a.m. Light Aerobics 10 a.m. Watercolor Class 10:30 a.m. Sing-A-Long with Lee King 10 a.m. Wii Bowling 1 p.m. Bingo

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Mon	Tue	Wed	Thu	Fri
<p>22</p> <p>8:30 a.m. Light Aerobics. 11 a.m. 50 Year Anniversary Celebration with The Quartet Harmony Safari 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</p> 	<p>23</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 12:30 p.m. – 2:30 p.m. Luau Party with DJ Mike 1 p.m. Bingo 1 p.m. German Class</p>	<p>24</p> <p>8:30 a.m. Light Aerobics 11 a.m. Health Presentation 1 p.m. Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p>25</p> <p>9:30 a.m. Stretch with EJ 10 a.m. Tone and Fit with EJ 1 p.m. Bonus Bingo</p>	<p>26</p> <p>8:30 a. m. Light Aerobics 10 a.m. Watercolor Class 11 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>29</p> <p>8:30 a.m. Light Aerobics. 10 a.m. Mobile Wellness Unit Presentation 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</p>	<p>30</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bingo 1 p.m. German Class</p>	<p>31</p> <p>8:30 a.m. Light Aerobics 11 a.m. Musical Entertainment 1 p.m. Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p>Daily Bingo, Pinochle, Pool, Exercise, Puzzles, Activities</p>	



For Transportation, please call 814-695-3500.
 To RSVP for a meal, please contact the Senior Center by 1 p.m. one day in advance.

