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.

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Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8:30 a.m. Light Aerobics.	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	CENTER CLOSED	8:30 a.m. Light Aerobics
10 a.m. — 2 p.m. Watercolor	11 a.m. Tone and Fit with EJ	11 a.m. Special Bingo	4	10 a.m. Watercolor Class
Paint Class	1 p.m. Bingo	1 p.m. Card Game Bingo	্রিটোন	10 a.m. Wii Bowling
1 p.m. Bingo	1 p.m. German Class	1 p.m. Advanced Line	T S OF	1 p.m. Bingo
		Dancing	TUIL STUTIES	
		2:15 p.m. Beginners Line Dancing		
8	9	10	11	12
8:30 a.m. Light Aerobics	10:30 a.m. Stretch with EJ	8:30 a. m. Light Aerobics	9:30 a.m11:30 a.m. PSU	8:30 a.m. Light Aerobics
10:30 a.m. Back Porch Music	11 a.m. Blood Pressure	11:00 a.m. Special Bingo	Students Presentation	10 a.m. Watercolor Class
10 a.m. – 2 p.m. Watercolor	Screening	1 p.m. Card Game Bingo	9:30 a.m. Stretch with EJ	10 a.m. Wii Bowling
Paint Class	11 a.m. Tone and Fit with EJ	1 p.m. Advanced Line	10 a.m. Tone and Fit with EJ	1 p.m. Bingo
1 p.m. Bingo	1 p.m. German Class	Dancing	10 a.m. Toprary Craft	
		2:15 p.m. Beginners Line Dancing	1 p.m. Bonus Bingo	
15	16	17	18	19
8:30 a.m. Light Aerobics.	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	9:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics
11:00 a. m. Health Presentation	11 a.m. Tone and Fit with EJ	11 a.m. Blood Pressure Screening	10 a.m. Tone and Fit with EJ	10 a.m. Watercolor Class
10 a.m. – 2 p.m. Watercolor	1 p.m. Bingo	1 p.m. Card Game Bingo	10 a.m. Birds and Bugs Craft	10:30 a.m. Sing-A-Long with Lee
Paint Class	1 p.m. German Class	1 p.m. Advanced Line	1 p.m. Bonus Bingo	King
1 p.m. Bingo	r	Dancing	T	10 a.m. Wii Bowling
		2:15 p.m. Beginners Line Dancing		1 p.m. Bingo
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Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
8:30 a.m. Light Aerobics.	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	9:30 a.m. Stretch with EJ	8:30 a. m. Light Aerobics
11 a.m. 50 Year Anniversary	11 a.m. Tone and Fit with EJ	11 a.m. Health Presentation	10 a.m. Tone and Fit with EJ	10 a.m. Watercolor Class
Celebration with The Quartet	12:30 p.m. – 2:30 p.m. Luau Party	1 p.m. Card Bingo	1 p.m. Bonus Bingo	11 a.m. Wii Bowling
Harmony Safari	with DJ Mike	1 p.m. Advanced Line Dancing		1 p.m. Bingo
10 a.m. — 2 p.m. Watercolor	1 p.m. Bingo	2:15 p.m. Beginners Line Dancing		
Paint Class BLAIR SENIOR SERVICES	1 p.m. German Class			
1 p.m. Bingo				
29	30	31		BLAIR SENIOR
8:30 a.m. Light Aerobics.	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	Daily	SERVICES AREA AGENCY ON AGING
10 a.m. Mobile Wellness Unit	11 a.m. Tone and Fit with EJ	11 a.m. Musical Entertainment	<u>Daily</u>	
Presentation	1 p.m. Bingo	1 p.m. Card Bingo	Bingo, Pinochle, Pool,	
10 a.m. – 2 p.m. Watercolor	1 p.m. German Class	1 p.m. Advanced Line		th
Paint Class		Dancing	Exercise, Puzzles,	
1 p.m. Bingo		2:15 p.m. Beginners Line Dancing	Activities	
				ANNIVERSARY
				1974 - 2024



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.

