

August 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



Daily
Bingo, Pinochle, Pool,
Exercise, Puzzles,



1
9:30 a.m. Stretch with EJ
10 a.m. Tone and Fit with EJ
10 a.m. Seashell Tray Craft
1 p.m. Bonus Bingo

2
8:30 a.m. Light Aerobics
10 a.m. Watercolor Class
10 a.m. Wii Bowling
1 p.m. Bingo

5
8:30 a.m. Light Aerobics
11 a.m. Drug and Alcohol
Presentation
10 a.m. – 2 p.m. Watercolor
Paint Class
1 p.m. Bingo

6
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

7
8:30 a. m. Light Aerobics
10:30a.m. Jewelry Bingo
1 p.m. Card Game Bingo
1 p.m. Advanced Line
Dancing
2:15 p.m. Beginners Line Dancing

8
9:30 a.m. Stretch with EJ
10 a.m. Tone and Fit with EJ
10 a.m. Gnome in Dome Craft
1 p.m. Bonus Bingo

9
8:30 a.m. Light Aerobics
10 a.m. Watercolor Class
10 a.m. Wii Bowling
1 p.m. Bingo

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

13
10:30 a.m. Stretch with EJ
11 a.m. Tone and Fit with EJ
1 p.m. Bingo
1 p.m. German Class

14
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

15
9:30 a.m. Stretch with EJ
10 a.m. Tone and Fit with EJ
10 a.m. Geometric Banner Craft
1 p.m. Bonus Bingo

16
8:30 a.m. Light Aerobics
10 a.m. Watercolor Class
10 a.m. Wii Bowling
1 p.m. Bingo

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Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>8:30 a.m. Light Aerobics 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</p>	<p>20</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1:00 p.m. – 2:30 p.m. Beach Bash 1 p.m. Bingo 1 p.m. German Class</p> 	<p>21</p> <p>8:30 a.m. Light Aerobics 10:45 am Paw Zone Therapy Dogs 11 a.m. Blood Pressure Screenings 1 p.m. Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p>22</p> <p>9:30 a.m. Stretch with EJ 10 a.m. Tone and Fit with EJ 10 a.m. Q-Tip Flower Craft 1 p.m. Bonus Bingo</p>	<p>23</p> <p>8:30 a. m. Light Aerobics 10 a.m. Watercolor Class 11 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>26</p> <p>8:30 a.m. Light Aerobics. 10 a.m. – 2 p.m. Watercolor Paint Class 11 a.m. Health Presentation 1 p.m. Bingo</p>	<p>27</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>28</p> <p>8:30 a.m. Light Aerobics 11 a.m. Spinning Singles with Tammi 1 p.m. Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p>29</p> <p>9:30 a.m. Stretch with EJ 10 a.m. Tone and Fit with EJ 11 a.m.- 1 p.m. Mobile Health Unit 1 p.m. Bonus Bingo</p>	<p>30</p> <p>8:30 a. m. Light Aerobics 10 a.m. Watercolor Class 11 a.m. Wii Bowling 1 p.m. Bingo</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.

