

September 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
<p>2</p> <p>Center Closed</p> 	<p>3</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 12:30-2:30 Fall Fest w DJ Mike 1 p.m. German Class</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9 a.m.-12:p.m. PSU Nursing /BP Screening and Stress Reduction 10:30 a.m. Stretch with EJ 11a.m. Tone and Fit with EJ 10 a.m. Crafts 1 p.m. Bonus Bingo</p>	<p>6</p> <p>8:30 a.m. Light Aerobics 10 a.m. Watercolor Class 10 a.m. Wii Bowling 11:00a.m Blair County Needs Assessments 1 p.m. Bingo</p>
<p>9</p> <p>8:30 a.m. Light Aerobics 10:30a.m. Back Porch Music 11:00a.m. Basic/Beginner line Dancing 10 a.m. – 2 p.m. Watercolor 1 p.m. Bingo</p>	<p>10</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 11:30 A.M. Nutritional Education 1:00p..m. Bingo 1 p.m. German Class</p>	<p>11</p> <p>8:30 a. m. Light Aerobics 10:00 am. Watercolor Class 11:00a.m. Special Bingo 1 p.m. Card Game Bingo 1 p.m. Advanced Line Dancing</p>	<p>12</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bonus Bingo</p>	<p>13</p> <p>8:30 a.m. Light Aerobics 10:00 a.m. Craft Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>16</p> <p>8:30 a.m. Light Aerobics. 1:00p.m. Digital Literacy 11:00a.m. Basic/Beginner line Dancing 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</p>	<p>17</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>18</p> <p>8:30 a.m. Light Aerobics 10:00a.m. Watercolor Class 11 a.m. Blood Pressure Screening 1 p. m. Card Game Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>19</p> <p>9:00 a.m.–12:00p.m. PSU Nursing /Boost Your Brain 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bonus Bingo</p>	<p>20</p> <p>8:30 a.m. Light Aerobics 10 a.m. Craft Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>

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Mon	Tue	Wed	Thu	Fri
<p>23</p> <p>8:30 a.m. Light Aerobics. 11:00a.m. Basic/Beginner line Dancing 11:00a.m. Alert 1 Presentation 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</p>	<p>24</p> <p>10:30 a. m. Stretch with EJ 11 a.m. Tone and Fit with EJ 11:00 a.m. Wheel of Fortune w/ Jackie 12:30 p.m. – 2:30 p.m. Tailgate Party 1:00pm-2:00pm ADVC Vaccine Clinic 1 p.m. Bingo</p>	<p>25</p> <p>8:30 a.m. Light Aerobics 11 a.m. Word Scramble 1 p.m. Card Bingo 10:00a.m. Watercolor Class 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Danc- ing</p>	<p>26</p> <p>9:00a.m.-12:00p.m PSU Students/ Eat For Health 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit with EJ 1 p.m. Bonus Bingo</p>	<p>27</p> <p>8:30 a. m. Light Aerobics 10 a.m. Craft Class 11 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>30</p> <p>8:30 a.m. Light Aerobics. 11:00a.m. Birthday Party 11:00a.m. Basic/Beginner line Dancing 10 a.m. – 2 p.m. Watercolor Paint Class 1 p.m. Bingo</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.

