

October 2024

Central Blair Senior Center - 1320 12th Avenue in Altoona
Center Staff: 814-946-1235 **Open: Monday through Friday from 8 a.m. - 4 p.m.**

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center; margin: 0;"><u>REMINDER to RSVP for lunch:</u></p> <p style="text-align: center; margin: 0;">Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.</p>	<p style="text-align: right; margin: 0;">1</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class</p>	<p style="text-align: right; margin: 0;">2</p> <p>8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p style="text-align: right; margin: 0;">3</p> <p>9 a.m. Blood Pressure Screenings and the Importance of Primary Care Prevention with the PSU Nursing Students 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo</p>	<p style="text-align: right; margin: 0;">4</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
<p style="text-align: right; margin: 0;">7</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 11 a.m. Line Dancing for Beginners 1 p.m. Bingo</p>	<p style="text-align: right; margin: 0;">8</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class</p>	<p style="text-align: right; margin: 0;">9</p> <p>8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p style="text-align: right; margin: 0;">10</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo</p>	<p style="text-align: right; margin: 0;">11</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
<p style="text-align: right; margin: 0;">14</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Back Porch Music 11 a.m. Line Dancing for Beginners 1 p.m. Bingo</p>	<p style="text-align: right; margin: 0;">15</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class</p>	<p style="text-align: right; margin: 0;">16</p> <p>8:30 a.m. Light Aerobics 11 a.m. Blood Pressure Screenings 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing</p>	<p style="text-align: right; margin: 0;">17</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo</p>	<p style="text-align: right; margin: 0;">18</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>

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21 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 11 a.m. Line Dancing for Beginners 1 p.m. Bingo	22 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	23 8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	24 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo	25 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
28 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Presentation with Conemaugh Nason Med. Center 11 a.m. Line Dancing for Beginners 1 p.m. Bingo	29 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	30 8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	31 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo	



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.

