

December 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
2	3	4	5	6
<p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 11 a.m. Nutrition Education - Vitamin D 1 p.m. Bingo</p>	<p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class</p>	<p>8:30 a.m. Light Aerobics 10 a.m. Word Study 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo</p>	<p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
9	10	11	12	13
<p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo</p>	<p>10:30 a.m. Holiday Party and Entertainment with DJ Rodney 1 p.m. Bingo 1 p.m. German Class <i>*** Due to the Party, all <u>Exercise Classes</u> are Cancelled for Today.</i></p>	<p>8:30 a.m. Light Aerobics 10 a.m. Word Study 11 a.m. Christmas Harps Concert 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo</p>	<p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 10:30 a.m. Lee King Holiday Video Musical Program 1 p.m. Bingo</p>
16	17	18	19	20
<p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 11:00 a.m. Christmas Craft with Senior Life 1 p.m. Bingo</p>	<p>1 p.m. Bingo 1 p.m. German Class <i>*** <u>Exercise Classes</u> are Cancelled for Today.</i></p>	<p>8:30 a.m. Light Aerobics 10 a.m. Word Study 11 a.m. Blood Pressure Screenings 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>1 p.m. Bingo <i>*** <u>Exercise Classes</u> are Cancelled for Today.</i></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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Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">23</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo</p>	<p style="text-align: right;">24</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;">25</p> <p style="text-align: center;">Center Closed</p>	<p style="text-align: right;">26</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;">27</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;">30</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo</p>	<p style="text-align: right;">31</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: center;"><u>Daily Activities</u> Bingo, Pinochle, Pool, and Puzzles!</p>	<div style="text-align: center;">  <p>BLAIR SENIOR SERVICES <small>AREA AGENCY ON AGING</small></p>  <p>50th ANNIVERSARY 1974 - 2024</p> </div>	<p><u>REMINDER to RSVP for lunch:</u></p> <p>Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.</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.

