

JANUARY 2025

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><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>	<p>1 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>2 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo</p>	<p>3 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>6 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>7 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class</p>	<p>8 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>9 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo</p>	<p>10 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo</p>
<p>13 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>14 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class</p>	<p>15 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>16 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo</p>	<p>17 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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20 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	21 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	22 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	23 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	24 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
27 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	28 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	29 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	30 9 a.m. Blood Pressure Screenings and Stress Reduction Presentation with the PSU Nursing Students 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	31 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 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.

