

FEBRUARY 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>3</p> <p>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>4</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>5</p> <p>8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>6</p> <p>9 a.m. Eat for Health 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</p>	<p>7</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>10</p> <p>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>11</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Valentine's Party 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class</p>	<p>12</p> <p>8:30 a.m. Light Aerobics 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>13</p> <p>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>14</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>17</p> <p style="text-align: center;">Center Closed in Observance of Presidents' Day</p>	<p>18</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>19</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. Intermediate Line Dancing</p>	<p>20</p> <p>9 a.m. Boost Your Brain Activities 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</p>	<p>21</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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24 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	25 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	26 8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	27 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	28 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
			<p><u>Daily Activities</u> Bingo, Pinochle, Pool, and Puzzles!</p>	<p><u>REMINDER to</u> <u>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.

