

MARCH 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
3 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	4 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	5 8:30 a.m. Light Aerobics 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	6 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	7 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
10 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Backporch Music 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	11 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	12 8:30 a.m. Light Aerobics 10:30 a.m. Beltone Hearing Presentation 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	13 10:00 a.m. SAMA presentation 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	14 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
17 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	18 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Bingo 1 p.m. German Class	19 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	20 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Bingo	21 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo

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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 9 a.m. Educating Fall Risk and Safety in the Home 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	28 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Bingo
31 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing			<p style="text-align: center;"><u>Daily Activities</u> Bingo, Pinochle, Pool, and Puzzles!</p>	<p style="text-align: center;"><u>REMINDER to RSVP for lunch:</u> 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.

