

# APRIL 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 style="text-align: center;"><b><u>REMINDER to RSVP for lunch:</u></b></p> <p style="text-align: center;">Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.</p>	<p>1                      10:30 a.m. Stretch with EJ                      11 a.m. Tone and Fit                      1 p.m. Bingo                      1 p.m. German Class</p>	<p>2                      8:30 a.m. Light Aerobics                      10 a.m. Drawing Class                      1 p.m. Bingo                      1 p.m. Advanced Line Dancing                      2:15 p.m. Intermediate Line Dancing</p>	<p>3                      10:30 a.m. Arts and Crafts                      10:30 a.m. Stretch with EJ                      11 a.m. Tone and Fit                      11:30 a.m. On the Mat                      12:30 p.m. Sing-A-Long with Jean                      1 p.m. Bingo</p>	<p>4                      8:30 a. m. Light Aerobics                      9:30 a.m. Watercolor Class                      10 a.m. Wii Bowling                      1 p.m. Bingo</p>
<p>7                      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>8                      10 a.m. Stretch with EJ                      10:30 a.m. Tone and Fit  <b>11 a.m. Volunteer Appreciation Celebration with DJ Matt Caporuscio</b>                      1 p.m. Bingo</p>	<p>9                      8:30 a.m. Light Aerobics                      10 a.m. Drawing Class                      1 p.m. Bingo                      1 p.m. Advanced Line Dancing                      2:15 p.m. Intermediate Line Dancing</p>	<p>10                      10:30 a.m. Stretch with EJ                      11 a.m. Associates For Training Development Presentation                      11 a.m. Tone and Fit                      11:30 a.m. On the Mat                      1 p.m. Bingo</p>	<p>11                      8:30 a. m. Light Aerobics                      9:30 a.m. Watercolor Class                      10 a.m. Wii Bowling  <b>11 a.m. Presentation and Games with the PSU Nursing Students</b>                      1 p.m. Bingo</p>
<p>14                      8:30 a.m. Light Aerobics                      9:30 a.m. Watercolor Class  <b>10:30 a.m. Back Porch Music</b>                      1 p.m. Bingo                      1:15 p.m. Beginners Line Dancing</p>	<p>15                      10:30 a.m. Stretch with EJ                      11 a.m. Tone and Fit                      1 p.m. Bingo                      1 p.m. German Class</p>	<p>16                      8:30 a.m. Light Aerobics                      10 a.m. Drawing Class  <b>11 a.m. Blood Pressure Screenings</b>                      1 p.m. Bingo                      1 p.m. Advanced Line Dancing                      2:15 p.m. Intermediate Line Dancing</p>	<p>17                      10:30 a.m. Arts and Crafts                      10:30 a.m. Stretch with EJ                      11 a.m. Tone and Fit                      11:30 a.m. On the Mat                      12:30 p.m. Sing-A-Long with Jean                      1 p.m. Bingo</p>	<p><b>Center Closed</b></p> 

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21 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	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 10 a.m. Drawing Class 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	24 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 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 1 p.m. Bingo 1:15 p.m. Beginners Line Dancing	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 10 a.m. Drawing Class 1 p.m. Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	<p><b><u>Daily Activities</u></b>                      Bingo, Pinochle,                      Pool, and Puzzles!</p>	<p><b><u>Daily Activities</u></b>                      Bingo, Pinochle,                      Pool, and Puzzles!</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.

