

# August 2019

Central Blair Senior Center, 1320 12th Avenue Altoona, PA

Tiffany Finamore, Center Coordinator: 814-946-1235

Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
<p><b>For transportation please call 1-800-458-5552.</b></p>			<p>1 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 11:30 a.m. Yoga Club 1:00 p.m. Wii Sports</p>	<p>2 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:45 a.m. TV Trivia</b> <b>11:30 a.m. Zumba Gold</b> 12:45 p.m. Bingo</p>
<p>5 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 12:45 p.m. Bingo <b>1:00 p.m. Movie &amp; Popcorn in the Dining Room: Five Feet Apart</b></p>	<p>6 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>7 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class <b>11:00 a.m. Trivia</b> <b>11:30 a.m. DelGrosso's Spaghetti</b> <b>Wednesday Lunch Trip: Homemade Lasagna (Please call a week prior to RSVP)</b> <b>11:30 a.m. Zumba Gold</b> 1:00 p.m. Line Dancing ~ Advanced (Cancelled) 2:15 p.m. Line Dancing ~ Beginners (Cancelled)</p>	<p>8 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 11:30 a.m. Yoga Club 1:00 p.m. Wii Sports</p>	<p>9 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:30 a.m. Fan Craft</b> <b>11:30 a.m. Zumba Gold</b> 12:45 p.m. Bingo</p>
<p>12 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:30 a.m. Elvis Presley Trivia</b> 12:45 p.m. Bingo <b>1:00 p.m. Movie &amp; Popcorn in the Dining Room: Stan &amp; Ollie</b></p>	<p>13 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screening 11:30 a.m. Yoga Club 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>14 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class <b>11:30 a.m. DelGrosso's Spaghetti</b> <b>Wednesday Lunch Trip: Eggplant Parmesan (Please call a week prior to RSVP)</b> <b>11:30 a.m. Zumba Gold</b> 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>15 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics <b>10:45 a.m. Hospice 101</b> 11:30 a.m. Yoga Club 1:00 p.m. Wii Sports</p>	<p>16 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:30 a.m. Alzheimer's Support Group</b> <b>11:15 a.m. Nutrition Education</b> <b>11:30 a.m. Zumba Gold</b> 12:45 p.m. Bingo <b>5:00 p.m. - 8:00 p.m. Dinner Dance with entertainment by Kenny Fetterman</b></p>

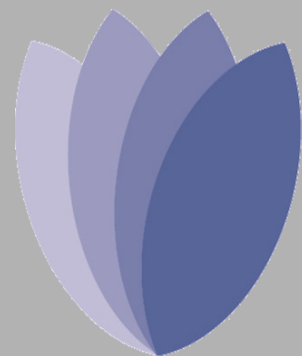
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Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:30 a.m. Stress on the Body</b> 12:45 p.m. Bingo <b>1:00 p.m. Movie &amp; Popcorn in the Dining Room: Break Through</b></p>	<p>20</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club <b>12:45 p.m. Paint Party with Kay</b> 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>21</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class <b>11:30 a.m. DelGrosso's Spaghetti Wednesday Lunch Trip: Stuffed Red Bell Pepper (Please call a week prior to RSVP)</b> <b>11:30 a.m. Zumba Gold</b> 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>22</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics <b>10:00 a.m. - 11:30 a.m. Center Carnival</b> 10:00 a.m. Ceramics 11:30 a.m. Yoga Club <b>12:30-2:30 p.m. Afternoon Dance with DJ Mike</b> 1:00 p.m. Wii Sports</p>	<p>23</p> <p>9:00 a.m. Safe Driver Refresher Course <b>10:45 a.m. Adult Bullying Presentation</b> 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>11:30 a.m. Zumba Gold</b> 12:45 p.m. Bingo</p>
<p>26</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>12:30 p.m. Popsicles</b> 12:45 p.m. Bingo <b>1:00 p.m. Movie &amp; Popcorn in the Dining Room: A Dog's Way Home</b></p> <p><b>National Cherry Popsicle Day</b></p>	<p>27</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>28</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class <b>11:30 a.m. Zumba Gold</b> 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>29</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 11:30 a.m. Yoga Club 1:00 p.m. Wii Sports</p>	<p>30</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics <b>10:30 a.m. Lace Pottery Craft</b> <b>11:30 a.m. Zumba Gold</b> 12:45 p.m. Bingo</p>



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