

# March 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>Lunch is served daily at 12:00 p.m.</b></p> <p><b>Please call Tiffany at 814-946-1235 at least one day in advance to RSVP.</b></p>	<p><b><u>Daily Activities Include:</u></b></p> <p>Pinochle Billiards Wii Sports Computer Room Fitness Room Art Room Board Games</p>	<p><b>For transportation please call 1-800-458-5552.</b></p>	<p>1 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:15 a.m. Make &amp; Take Earring Workshop 12:45 p.m. Bingo 1:00 p.m. Body Sculpting</p>
<p>4 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 12:45 p.m. Supermarket Bingo 1:00 p.m. Body Sculpting</p>	<p>5 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:30 a.m. Getting Better Sleep 11:30 a.m. Crowning the King or Queen of Mardi Gras! 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>6 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Body Sculpting 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>7 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:30 a.m. Hand Embroidered T-shirts - \$5 (Registration Required) 11:00 a.m. Lunch at Lena's Cafe (Please call a week prior to RSVP) 12:45 p.m. Granny Square Crochet Club</p>	<p>8 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Kidney Presentation 12:45 p.m. Bingo 1:00 p.m. Body Sculpting</p>
<p>11 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 11:00 a.m. Senior Community Service Employment Program 12:45 p.m. Supermarket Bingo 1:00 p.m. Body Sculpting</p>	<p>12 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:00 a.m. Blood Pressure Screening 10:30 a.m. Heart Health Presentation 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>13 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Body Sculpting 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>14 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:30 a.m. Census Bureau Program 11:00 a.m. St. Patty's Trivia 12:45 p.m. Granny Square Crochet Club 1:15 p.m. - 2:00 p.m. AAHS Jazz Band Program National Pi Day! π Bring your favorite pie to share!</p>	<p>15 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentations 12:45 p.m. Bingo 1:00 p.m. Body Sculpting</p>

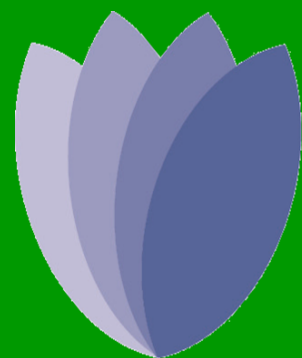
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Mon	Tue	Wed	Thu	Fri
<p>18</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. St. Patrick's Day Celebration! 12:45 p.m. Supermarket Bingo 1:00 p.m. Body Sculpting</p>	<p>19</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:30 a.m. Medicare Trivia and Paint 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>20</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Trivia 10:30 a.m. Adult Coloring Class 1:00 p.m. Body Sculpting 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p> <p style="text-align: center;">* First Day of Spring *</p>	<p>21</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:45 a.m. Problem Gambling Awareness Presentation 11:00 a.m. Lunch at Perkins (Please call one week prior to RSVP) 12:45 p.m. Granny Square Crochet Club 1:00 p.m. Movie &amp; Popcorn in the Dining Room: A Star is Born</p>	<p>22</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentations 12:45 p.m. Bingo 1:00 p.m. Body Sculpting</p>
<p>25</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Colonoscopies Presentation 12:45 p.m. Supermarket Bingo 1:00 p.m. Body Sculpting</p>	<p>26</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class</p>	<p>27</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Body Sculpting 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>28</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:15 a.m. Bird House/ Feeder Craft (Registration Required) 12:45 p.m. Granny Square Crochet Club 1:00 p.m. Movie &amp; Popcorn in the Dining Room: Indivisible</p>	<p>29</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Safe Driver Refresher Course 9:45 a.m. Light Aerobics 11:45 a.m. Birthday Party &amp; 50/50 12:45 p.m. Bingo 1:00 p.m. Body Sculpting</p>



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