


February 2020

Central Blair Senior Center, 1320 12th Avenue in Altoona

Tiffany Finamore, Center Coordinator: 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 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Minute To win It 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>The Hustle</i></p>	<p>4</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 2:00 p.m. French Class 3:00 p.m. Zumba Gold</p>	<p>5</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. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>6</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold</p>	<p>7</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 11:00 a.m. Wedding Trivia 12:45 p.m. Bingo</p>
<p>10</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Ice Ornaments 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>The Sun is Also a Star</i></p>	<p>11</p> <p>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 2:00 p.m. French Class 3:00 p.m. Zumba Gold</p>	<p>12</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. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>13</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Lunch at The Athenian Cafe (Please call one week prior to RSVP) 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold</p>	<p>14</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentation 12:45 p.m. Bingo</p>
<p>17</p> <p style="text-align: center;">Center Closed</p> 	<p>18</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club 12:45 p.m. Paint Party with Kay (Cancelled) 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:00 p.m. French Class 3:00 p.m. Zumba Gold</p>	<p>19</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Entertainment by Charlie Leiden 10:30 a.m. Adult Coloring Class 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>20</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Lunch at Villa Capri (Please call one week prior to RSVP) 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold</p>	<p>21</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentation 12:45 p.m. Bingo</p>

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<p>24</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. Hangman Game 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the <i>Dining Room: Judy</i></p>	<p>25</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club 11:30 a.m. Crowning the King/Queen of Mardi Gras 12:45 p.m. Left Right Center Game 1:00 p.m. Medicare 101 1:00 p.m. German Class 2:00 p.m. French Class 3:00 p.m. Zumba Gold</p>	<p>26</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:15 a.m. Snow Day! 10:30 a.m. Adult Coloring Class 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>27</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold</p>	<p>28</p> <p>9:00 a.m. Safe Driver Refresher Course 11:00 a.m. Pet of the Month Presented by the Humane Society 11:45 a.m. Birthday Party & 50/50 8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 12:45 p.m. Bingo</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.

