

January 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



1

Center Closed



2

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

3

8:30 a.m. Light Aerobics
9:00 a.m. Pinochle Club
9:45 a.m. Light Aerobics
[10:30 a.m. Mason Jar Lid Coaster Craft](#)
12:45 p.m. Bingo

6

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. Movie & Popcorn in the Dining Room: Abominable

7

9:00 a.m. Quilt Club
10:00 a.m. Light Aerobics
10:30 a.m. Blood Pressure Screening
[11:00 a.m. Walmart Vision Center Eyeglass Cleaning](#)
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

8

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

9

9:30 a.m. Coffee and Current Events
10:00 a.m. Light Aerobics
11:00 a.m. Lunch at Marzoni's in Greenwood (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

10

8:30 a.m. Light Aerobics
9:00 a.m. Pinochle Club
9:45 a.m. Light Aerobics
[10:45 a.m. Hangman Game](#)
12:45 p.m. Bingo

13

8:30 a.m. Light Aerobics
9:45 a.m. Light Aerobics
[11:00 a.m. Bingo\](#)
12:45 p.m. Supermarket Bingo
1:00 p.m. Movie & Popcorn in the Dining Room: Overcomer

14

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

15

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

16

9:00 a.m. Safe Driver Course
9:30 a.m. Coffee and Current Events
10:00 a.m. Light Aerobics
11:00 a.m. Lunch at Mama Randazzo's (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

17

9:00 a.m. Safe Driver Course
8:30 a.m. Light Aerobics
9:00 a.m. Pinochle Club
9:45 a.m. Light Aerobics
[10:30 a.m. Music Sing-A-Long](#)
12:45 p.m. Bingo

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

Mon	Tue	Wed	Thu	Fri
20 Center Closed  MARTIN LUTHER KING JR. <i>Day</i>	21 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 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	22 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	23 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:30 a.m. Congestive Heart Failure Presentation 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold	24 8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Peanut Butter Sandwich Bar 12:45 p.m. Bingo National Peanut Butter Day
27 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. Your Spending and Savings Plan Presentation 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: The Favorite	28 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	29 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	30 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	31 8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:15 a.m. Hot Chocolate Social 11:45 a.m. Birthday Party & 50/50 12:45 p.m. Bingo



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.

