


November 2019

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>1 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 10:45 a.m. Penn State College of Nursing Student Presentations 12:45 p.m. Bingo</p>
<p>4 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Clay Leaf Garland Craft 10:30 a.m. Blood Pressure Screenings 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: Yesterday</p>	<p>5 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screening 10:45 a.m. Lyme Disease Prevention 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>6 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Music Sing-A-Long 10:30 a.m. Adult Coloring Class 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 10:45 a.m. TV Trivia 11:00 a.m. Paint Class (\$2 Per Person) 11:30 a.m. Yoga Club 3:00 p.m. Zumba Gold</p>	<p>8 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 Presentations 12:45 p.m. Bingo</p>
<p>11 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Clay Leaf Garland Craft (continued) 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: The Hustle</p>	<p>12 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 11:30 a.m. Yoga Club 12:30 p.m. Card Making Workshop - Make 3 cards for \$6 (Registration Required) 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>13 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>14 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 11:00 a.m. Lunch at Time's Café (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>15 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 Presentations 12:45 p.m. Bingo</p>

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<p>18</p> <p>8:30 a.m. Light Aerobics</p> <p>9:00 a.m. 8-Ball Pool Tournament!!</p> <p>9:45 a.m. Light Aerobics</p> <p>10:45 a.m. Entertainment and Sing-A-Long</p> <p>12:45 p.m. Supermarket Bingo</p> <p>1:00 p.m. Movie & Popcorn in the Dining Room: The Professor and the Madman</p>	<p>19</p> <p>9:00 a.m. Quilt Club</p> <p>10:00 a.m. Light Aerobics</p> <p>10:30 a.m. COPD Awareness</p> <p>11:30 a.m. Yoga Club</p> <p>12:45 p.m. Paint Party with Kay</p> <p>12:45 p.m. Left Right Center Game</p> <p>1:00 p.m. German Class</p> <p>2:00 p.m. French Class</p> <p>3:00 p.m. Zumba Gold</p>	<p>20</p> <p>8:30 a.m. Light Aerobics</p> <p>9:45 a.m. Light Aerobics</p> <p>10:30 a.m. Entertainment by Charlie Leiden</p> <p>10:30 a.m. Adult Coloring Class</p> <p>1:00 p.m. Line Dancing ~ Advanced</p> <p>2:15 p.m. Line Dancing ~ Beginners</p>	<p>21</p> <p>9:30 a.m. Coffee and Current Events</p> <p>10:00 a.m. Light Aerobics</p> <p>10:00 a.m. Ceramics</p> <p>11:00 a.m. Lunch at Irvin's on Main (Please call one week prior to RSVP)</p> <p>11:00 a.m. Paint Class (\$2 Per Person)</p> <p>11:30 a.m. Yoga Club</p> <p>12:30 p.m. - 2:30 p.m. Cupcake Decorating (Registration Required)</p> <p>3:00 p.m. Zumba Gold</p>	<p>22</p> <p>8:30 a.m. Light Aerobics</p> <p>9:00 a.m. Pinochle Club</p> <p>9:45 a.m. Light Aerobics</p> <p>10:45 a.m. Penn State College of Nursing Student Presentations</p> <p>11:00 a.m. Pet of the Month Presented by the Humane Society</p> <p>11:45 a.m. Birthday Party & 50/50</p> <p>12:45 p.m. Bingo</p>
<p>25</p> <p>8:30 a.m. Light Aerobics</p> <p>9:45 a.m. Light Aerobics</p> <p>10:45a.m. Your Spending and Savings Plan Presentation</p> <p>12:00 p.m. Thanksgiving Lunch</p> <p>12:45 p.m. Supermarket Bingo</p> <p>1:00 p.m. Movie & Popcorn in the Dining Room: Missing Link</p>	<p>26</p> <p>9:00 a.m. Quilt Club</p> <p>10:00 a.m. Light Aerobics</p> <p>11:30 a.m. Yoga Club</p> <p>12:45 p.m. Left Right Center Game</p> <p>1:00 p.m. German Class</p> <p>2:00 p.m. French Class</p> <p>3:00 p.m. Zumba Gold</p>	<p>27</p> <p>8:30 a.m. Light Aerobics</p> <p>9:45 a.m. Light Aerobics</p> <p>10:30 a.m. Adult Coloring Class</p> <p>1:00 p.m. Line Dancing ~ Advanced</p> <p>2:15 p.m. Line Dancing ~ Beginners</p>	<p>28</p> <p>CENTER CLOSED</p> 	<p>29</p> <p>CENTER CLOSED</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.

