


November 2019

Central Blair Senior Center, 1320 12th Avenue in Altoona

Tina Fultz, Center Coordinator: 814-684-7853

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


Mon	Tue	Wed	Thu	Fri
				<p>1 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Gratitude Journals Activity 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>4 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:00 a.m. Kip Woodring Concert 12:30 p.m. Pinochle Group</p>	<p>5 9:00 a.m. AARP Refresher Course 9:00 a.m. Zumba Gold 10:00 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social 1:00 p.m. Name That Tune</p>	<p>6 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:00 a.m. Card Games 12:30 p.m. VIP Bingo</p>	<p>7 9:00 a.m. Zumba Gold 10:00 a.m. Yoga 11:00 a.m. Trip to Logan Town Centre 11:30 a.m. Flavored Coffee Social 12:30 p.m. Paint Party (Call to Register)</p>	<p>8 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>11 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:45 a.m. "Honor Our Vets" Pres. 12:30 p.m. Pinochle Group 1:00 a.m. Adult and Child Paint Party</p>	<p>12 9:00 a.m. Zumba Gold 10:00 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Lyme Disease Prevention 12:30 p.m. Flavored Coffee Social</p>	<p>13 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:00 a.m. Card Games 12:45 p.m. Family Feud Game</p>	<p>14 9:00 a.m. Zumba Gold 10:00 a.m. Yoga 10:30 a.m. Phil McCauley in Concert 12:30 p.m. Flavored Coffee Social 1:00 p.m. Name That Tune</p>	<p>15 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Karaoke Sing-A-Long with Homemade Donuts Party 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>

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Mon	Tue	Wed	Thu	Fri
<p>18</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Seasonal Affective Disorder Presentation 12:30 p.m. Pinochle Group</p>	<p>19</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Yoga 10:30 a.m. Entertainment by Bill Ross, Jr. 12:30 p.m. Flavored Coffee Social 1:00 p.m. Name That Tune</p> <p>* Commodity Box Pickup *</p>	<p>20</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Card Games 11:00 a.m. Trip to Logan Valley Mall 12:30 p.m. SL Bingo</p>	<p>21</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Yoga 11:30 a.m. Tips for Bladder Health/Why it's important 12:30 p.m. Flavored Coffee Social 1:00 p.m. Tomato Cage Angel Craft (Call to Register)</p>	<p>22</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Music and Dancing with "DJ Tina" 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>25</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:00 p.m. Thanksgiving Dinner Celebration 12:30 p.m. Family Feud 12:30 p.m. November Birthday Party 12:30 p.m. Pinochle Group</p>	<p>26</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Yoga 11:00 a.m. Pool Noodle Christmas Craft 12:30 p.m. Flavored Coffee Social 12:30 p.m. Safe Gun Storage, Permit Storage and Proper Disposal and/or Distribution of Firearms Presentation</p>	<p>27</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Card Games 12:00 p.m. Thanksgiving Eve Pizza Throw Down Party 1:00 p.m. Name That Tune</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.

