



February 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><u>Daily Activities Include:</u> Pinochle Billiards Wii Sports Computer Room Fitness Room Art Room Board Games</p>	<p>Lunch is served daily at 12:00 p.m.</p> <p>Please call Tiffany at 814-946-1235 at least one day in advance to RSVP.</p>	<p>For transportation please call 1-800-458-5552.</p>		<p>1 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. United Way Presentation 12:45 p.m. Bingo 1:00 p.m. Body Sculpting 1:00 p.m. Movie & Popcorn in the Dining Room: <i>Groundhog Day</i></p> <p>National Wear Red Day!</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 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 12:45 p.m. Paint Party (Registration Required) 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. Ceramics 10:00 a.m. Light Aerobics 10:30 a.m. Tile Coaster Workshop - \$5 per person (Registration Required) 10:45 a.m. Osteoarthritis Presentation 12:45 p.m. Granny Square Crochet Club 1:00 p.m. Movie & Popcorn in the Dining Room: <i>A Star is Born</i></p>	<p>8 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Incontinence, Pelvic Pain, and Osteoporosis Presentation 11:00 a.m. Lunch at Panda Express (Please call a week prior to RSVP) 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. Real ID Presentation with State Representative Louis Schmitt 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 11:30 a.m. Pizza Party (Registration Required) 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. Nutrition Education: Dietary Supplements 11:00 a.m. Lunch at Red Robin (Please call a week prior to RSVP) 12:45 p.m. Granny Square Crochet Club 1:00 p.m. Sweetheart Tea Valentine's Day</p>	<p>15 8:30 a.m. Light Aerobics 9:00 a.m. Safe Driver Refresher Course 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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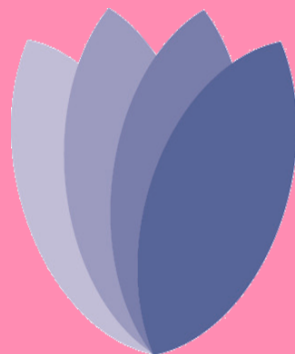
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Mon	Tue	Wed	Thu	Fri
18 Center is Closed 	19 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class	20 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Trivia 10:30 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	21 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:30 a.m. Heart Health Presentation 11:00 a.m. Lunch at Cracker Barrel (Please call a week prior to RSVP) 12:45 p.m. Granny Square Crochet Club 1:30 p.m. Medicare 101	22 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 11:45 a.m. Birthday Party & 50/50 12:45 p.m. Bingo 1:00 p.m. Body Sculpting 1:00 p.m. Movie & Popcorn in the Dining Room: La La Land
25 8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Heart Health Presentation 12:45 p.m. Supermarket Bingo 1:00 p.m. Body Sculpting	26 9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:00 a.m. Snow Day! 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:30 p.m. French Class	27 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	28 9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:00 a.m. Ceramics 10:45 a.m. Music Therapy 12:45 p.m. Granny Square Crochet Club 1:00 p.m. - 3:00 p.m. Afternoon Dance with DJ Mike	



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