

April 2024

Central Blair Senior Center, 1320 12th Avenue in Altoona

Tammi Ingham, Center Coordinator: 814-946-1235

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


Mon	Tue	Wed	Thu	Fri
1 8:30 a.m. Light Aerobics. 11:00 a.m. Wii Bowling 10 a.m. – 2 p.m. Watercolor Paint Class 1:00 p.m. Bingo	2 11:00 a.m. Tone and Fit with EJ 12:45 p.m. Independent Living Presentation 1:00 p.m. Bingo 1 p.m. German Class 2 p.m. French Class	3 8:30 a. m. Light Aerobics 11:00 a.m. Special Bingo 1:00 p.m. Card Game Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	4 9:00 a.m. PSU Nursing Students Stay Socially Connected 10:00 a.m. Tone and Fit with EJ 10:00 a.m. Mosaic Tile Craft 1:00 p.m. Bonus Bingo	5 8:30 a.m. Light Aerobics 10:00 a. m Watercolor Class 11:00 a.m. PSU Nursing Students 10:00 a.m. Wii Bowling 1:00 p.m. Bingo
8 8:30 a.m. Light Aerobics. 11:00 a.m. Back Porch Music 10 a.m. – 2 p.m. Watercolor Paint Class 1:00 p.m. Bingo	9 11:00 a.m. Tone and Fit with EJ 1:00 p.m. Bingo 1 p.m. German Class 2 p.m. French Class	10 8:30 a. m. Light Aerobics 11:00 a.m. Special Bingo 1:00 p.m. Card Game Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	11 10:00 a.m. Tone and Fit with EJ 10:00 a.m. Flower Wreath Craft 1:00 p.m. Bonus Bingo	12 8:30 a. m. Light Aerobics 10:00 a.m. Watercolor Class 11:00 a.m. PSU Nursing Students 10:00 a.m. Wii Bowling 1:00 p.m. Bingo
15 8:30 a.m. Light Aerobics. 11:00 a.m. Amerihealth Presenta- tion 10 a.m. – 2 p.m. Watercolor Paint Class 1:00 p.m. Bingo	16 11:00 a.m. Tone and Fit with EJ 1:00 p.m. Bingo 1 p.m. German Class 2 p.m. French Class	17 8:30 a. m. Light Aerobics 11:00 a.m. Blood Pressure Screenings 1:00 p.m. Card Game Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	18 10:00 a.m. Tone and Fit with EJ 10:00 a.m. Spring Canvas Bag Craft 1:00 p.m. Bonus Bingo	19 8:30 a. m. Light Aerobics 10:00 a.m. Watercolor Class 10:45 a.m. Sing-A-Long with Lee King 10:00 a.m. Wii Bowling 1:00 p.m. Bingo

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Mon	Tue	Wed	Thu	Fri
22 8:30 a.m. Light Aerobics. 11:00 a.m. Paw Zone Therapy Dogs 10 a.m. – 2 p.m. Watercolor Paint Class 1:00 p.m. Bingo	23 11:00 a.m. Tone and Fit with EJ 12:30 p.m. – 2:30 p.m. Spring Fling with DJ Mike 1 p.m. German Class 2 p.m. French Class	24 8:30 a.m. Light Aerobics 11:00 a.m. UPMC Health Presentation 1:00 p.m. Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	25 10:00 a.m. Light Work out with EJ 10:00 a.m. CD Fish Craft 11:15 a.m. Volunteer Appreciation Celebration 12:30 p.m. Monthly Birthday Party 1:00 Bonus Bingo	26 8:30 a. m. Light Aerobics 10:00a.m. – 12:00p.m Digital Literacy Class – Understanding Smartphones, Computers and Tablets 11:00a.m. – 12:00p.m. Vaccine Clinic 10:00 a.m. Watercolor Class 1:00 p.m. Bingo
29 8:30 a.m. Light Aerobics. 11:00 a.m. Scam Presentation 10 a.m. – 2 p.m. Watercolor Paint Class 1:00 p.m. Bingo	30 11:00 a.m. Tone and Fit with EJ 1:00 p.m. Bingo 1 p.m. German Class 2 p.m. French Class	 <p>Daily Bingo Pinochle Pool</p>		
			<p>Daily Exercise Classes Activities Puzzles</p>	