

May 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



**Daily**  
**Bingo, Pinochle, Pool,  
Exercise, Puzzles,  
Activities**

1  
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

2  
9:30 a.m. Stretch with EJ  
10:00 a.m. Tone and Fit with EJ  
10:00 a.m. Crayon Art Craft  
1:00 p.m. Bonus Bingo

3  
8:30 a.m. Light Aerobics  
**10:00 a. m Watercolor Class**  
10:00 a.m. Wii Bowling  
1:00 p.m. Bingo

6  
8:30 a.m. Light Aerobics.  
10 a.m. – 2 p.m. Watercolor  
Paint Class  
1:00 p.m. Bingo

7  
11:00 a.m. Tone and Fit with EJ  
1:00 p.m. Bingo  
1 p.m. German Class

8  
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

9  
9:30 a.m. Stretch with EJ  
10:00 a.m. Tone and Fit with EJ  
10:00 a.m. Vase Flowers Craft  
1:00 p.m. Bonus Bingo

10  
8:30 a. m. Light Aerobics  
10:00 a.m. Watercolor Class  
10:00 a.m. Wii Bowling  
1:00 p.m. Bingo

13  
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

14  
11:00 a.m. Tone and Fit with EJ  
1:00 p.m. Bingo  
1 p.m. German Class

15  
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

16  
9:30 a.m. Stretch with EJ  
10:00 a.m. Tone and Fit with EJ  
10:00 a.m. Door Sign Hanger Craft  
1:00 p.m. Bonus Bingo

17  
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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Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
8:30 a.m. Light Aerobics. 11:00 a.m. Health Presentation 10 a.m. – 2 p.m. Watercolor Paint Class 12:15 p.m. Altoona Area High School Band Concert 1:00 p.m. Bingo	11:00 a.m. Tone and Fit with EJ 12:30 p.m. – 2:30 p.m. Memorial Day Party with DJ Mike 1 p.m. German Class 2 p.m. French Class	8:30 a.m. Light Aerobics 11:00 a.m. Self Defense Demonstration 1:00 p.m. Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	9:30 a.m. Stretch with EJ 10:00 a.m. Tone and Fit with EJ 10:00 a.m. Memorial Cross Craft 1:00 Bonus Bingo	8:30 a. m. Light Aerobics 10:00 a.m. Watercolor Class 11:00 a.m. Celebrating Senior Fitness Day Demonstration and Snacks 1:00 p.m. Bingo
27	28	29	30	31
<div style="text-align: center;"> <h2>Center Closed</h2>  <p><b>MEMORIAL DAY</b></p> <p>★ REMEMBER AND HONOR ★</p> </div>	11:00 a.m. Tone and Fit with EJ 12:30 p.m. Term vs Whole Life Insurance Presentation 1 p.m. German Class 2 p.m. French Class	8:30 a.m. Light Aerobics 1:00 p.m. Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	9:30 a.m. Stretch with EJ 10:00 a.m. Light Work out with EJ 10:00 a.m. No Craft Class Today 12:30 p. m, Monthly Birthday Party 1:00 Bonus Bingo	8:30 a. m. Light Aerobics 10:00 a.m. Watercolor Class 10:00 a.m. Movie and Snack 1:00 p.m. Bingo



**BLAIR SENIOR SERVICES**

AREA AGENCY ON AGING

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.

