

MAY 2025

Central Blair Senior Center - 1320 12th Avenue in Altoona
Center Staff: 814-946-1235 Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
	<p><u>Daily Activities</u> Pinochle, Billiards and Puzzles!</p>	<p><u>REMINDER to RSVP for lunch:</u></p> <p>Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.</p>	<p>1 10:30 a.m. Arts and Crafts 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo</p>	<p>2 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo</p>
<p>5 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>6 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo</p>	<p>7 8:30 a.m. Light Aerobics 10 a.m. Drawing Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>8 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo</p>	<p>9 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo</p>
<p>12 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Back Porch Music 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>13 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo</p>	<p>14 8:30 a.m. Light Aerobics 10 a.m. Drawing Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>15 10:30 a.m. Arts and Crafts 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo</p>	<p>16 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo</p>

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Mon	Tue	Wed	Thu	Fri
19 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:00 a.m. Santella Funeral Home Presentation 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	20 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	21 8:30 a.m. Light Aerobics 10 a.m. Drawing Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	22 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	23 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
26 CENTER CLOSED 	27 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	28 8:30 a.m. Light Aerobics 10 a.m. Drawing Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing National Senior Health and Fitness Day! Join us for exercise and/or line dancing class!	29 10:30 a.m. Arts and Crafts 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	30 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo