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.

	Spent Honday through III and I will I pund					
Mon	Tue	Wed	Thu	Fri		
EAR SERVESS TO JUTH ARE	<u>Daily Activities</u> Pinochle, Billiards and Puzzles!	REMINDER to RSVP for lunch: Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.	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	8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo		
8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	6 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	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	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	9 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo		
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	13 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	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	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	16 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo		

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



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.

