



## JUNE 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
2 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class <b>11:30 a.m. Second Quarter Nutrition Education</b> 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	3 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	4 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	5 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	6 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
9 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class <b>10:30 a.m. Back Porch Music</b> 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	10 12:45 p.m. Sing-A-Long with Jean 1 p.m. German Class 1 p.m. Free Bingo  <b>** Exercise Classes are Cancelled for Today.</b>	11 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	12 10:30 a.m. Arts and Crafts 1 p.m. Nickel Bingo  <b>** Exercise Classes are Cancelled for Today.</b>	13 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
16 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	17 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	18 8:30 a.m. Light Aerobics 10 a.m. Drawing Class <b>11 a.m. Blood Pressure Screenings</b> 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	19  <b>CENTER CLOSED</b> 	20 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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23 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Blood Pressure Presentation 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	24 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:15 a.m. Senior Companion and Foster Grandparent Volunteer Presentation 1 p.m. German Class 1 p.m. Free Bingo	25 8:30 a.m. Light Aerobics 10 a.m. Drawing Class 10:30 a.m. Yellow DOT Clinic 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	26 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	27 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 11 a.m. Emergency Planning Presentation 1 p.m. Free Bingo
30 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing			<b><u>Daily Activities</u></b> Pinochle, Billiards and Puzzles!	<b><u>REMINDER to RSVP for lunch:</u></b> Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.