

# JULY 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><b><u>REMINDER to RSVP for lunch:</u></b></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. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo</p>	<p>2 8:30 a.m. Light Aerobics 1 p.m. Free Card Bingo</p>	<p>3 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>4      <b>CENTER CLOSED</b></p> 
<p>7 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 12:30p.m. Sing-a-long with Jean 1 p.m. Nickel Bingo</p>	<p>8 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>9 8:30 a.m. Light Aerobics 9:30 a.m. AIU8 Student Visit 1 p.m. Free Card Bingo</p>	<p>10 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>11 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo</p>
<p>14 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. Back Porch Music 1 p.m. Nickel Bingo</p>	<p>15 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>16 8:30 a.m. Light Aerobics 11 a.m. Blood Pressure Screenings 1 p.m. Free Card Bingo</p>	<p>17 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>18 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
21 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 11 a.m. Active Shooter Presentation 12:30 p.m. Sing-A-Long with Jean 1 p.m. Nickel Bingo	22 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	23 8:30 a.m. Light Aerobics 1 p.m. Free Card Bingo	24 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	25 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
28 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo	29 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	30 8:30 a.m. Light Aerobics 1 p.m. Free Card Bingo	31 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	<b><u>Daily Activities</u></b> Pinochle, Billiards and Puzzles!



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.

