

SEPTEMBER 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
1 Center Closed Happy Labor Day!	2 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	3 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 1 p.m. Free Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	4 10:00 a.m. Arts & 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	5 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
8 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. -2:00 p.m. -Line Dancing	9 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	10 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 10:30 a.m. Music Entertainment 1 p.m. Free Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	11 10:30 a.m. Stretch with EJ 10:30 a.m. Blood Pressure Screenings 10:30 a.m. Sing-A-Long with Jean 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	12 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
15 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. -2:00 p.m. -Line Dancing	16 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	17 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 11 a.m. Blood Pressure Screenings 1 p.m. Free Card Bingo	18 10:00 a.m. Arts & 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	19 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10:30 a.m. 50s/60s Music Mix 10 a.m. Wii Bowling 1 p.m. Free Bingo

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22 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. -2:00 p.m. -Line Dancing	23 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo	24 8:30 a.m. Light Aerobics 9 a.m. Basket / Prize Bingo 10 a.m. Coloring Club 1 p.m. Free Card Bingo 1:00 p.m. Advanced Line Dancing 2:15 p.m. Beginners Line Dancing	25 10:30 a.m. Stretch with EJ 10:30 a.m. Sing-A-Long with Jean 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	26 8:30 a. m. Light Aerobics 9:30 a.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
29 8:30 a.m. Light Aerobics 9:30 a.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. -2:00 p.m. -Line Dancing	30 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. German Class 1 p.m. Free Bingo		<u>Daily Activities</u> Pinochle, Billiards and Puzzles!	<u>REMINDER to RSVP for lunch:</u> Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.



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.

