

OCTOBER 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
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.	Daily Activities Pinochle, Billiards and Puzzles!	1 8:30 a.m. Light Aerobics 10 a.m. Coloring Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	2 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	3 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 11 a.m. Vaccine Clinic 1 p.m. Free Bingo
6 8:30 a.m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	7 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	8 8:30 a.m. Light Aerobics 10 a.m. Coloring Class 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	9 10:30 a.m. Stretch with EJ 10:30 a.m. Blood Pressure Screenings 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	10 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
13 8:30 a.m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 1:00 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing	14 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	15 8:30 a.m. Light Aerobics 10 a.m. Coloring Class 10:30 a.m. Genealogy Class with Julia (Computer Room) 11 a.m. Blood Pressure Screenings 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	16 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	17 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 12:30 p.m. October Birthday Cake 1 p.m. Free Bingo

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Mon	Tue	Wed	Thu	Fri
20 8:30 a.m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 11 a.m. Foster Grandparent and Senior Companion Program Info Session and Game 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dance	21 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	22 8:30 a.m. Light Aerobics 10 a.m. Coloring Class 10:30 a.m. Genealogy Class with Julia (Computer Room) 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	23 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	24 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo
27 8:30 a.m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 1 p.m. Nickel Bingo 1 p.m. Beginners Line Dancing	28 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	29 8:30 a.m. Light Aerobics 10 a.m. Coloring Class 10:30 a.m. Genealogy Class with Julia (Computer Room) 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	30 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	31 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo ** HAPPY HALLOWEEN – Wear a Costume & Enjoy Halloween Music



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.

