

NOVEMBER 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
3 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	4 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	5 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 12:30 p.m. Oct/Nov Birthday Cake 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	6 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	7 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 11 a.m. PSU Nursing Student Presentation 1 p.m. Free Bingo
10 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	11 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	12 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	13 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	14 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 11 a.m. PSU Nursing Student Presentation 1 p.m. Free Bingo
17 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	18 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	19 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 11 a.m. Blood Pressure Screenings 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	20 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	21 8:30 a. m. Light Aerobics 9:30 a.m.. – 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 11 a.m. Colon Health / Cancer Presentation 1 p.m. Free Bingo

NOVEMBER 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
24 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	25 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 12:30 p.m. Show and Tell 1 p.m. Free Bingo	26 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 12:30 p.m. Thanksgiving Games 1 p.m. Free Card Bingo ** Line Dancing Cancelled for Today.	27 CENTER CLOSED HAPPY THANKSGIVING!	28 CENTER CLOSED
			<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.	<u>Daily Activities</u> 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.

