## **DECEMBER 2025**

Central Blair Senior Center - 1320 12th Avenue in Altoona 814-946-1235 Open: Monday through Friday from 8 a.m. - 4 p.m. Center Staff: 814-946-1235

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8:30 a.m. Light Aerobics	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	10:30 a.m. Stretch with EJ	8:30 a. m. Light Aerobics
9:30 a.m – 12:45 p.m. Watercolor	11 a.m. Tone and Fit	10 a.m. Coloring Club	11 a.m. Tone and Fit	9:30 a.m 12:45 p.m. Watercolor
Class	1 p.m. Free Bingo	1 p.m. Free Card Bingo	11:30 a.m. On the Mat	Class
1 p.m. Nickel Bingo		1 p.m. Advanced Line Dancing	1 p.m. Nickel Bingo	10 a.m. Wii Bowling
1:15 p.m. Beginners Line		2:15 p.m. Intermediate Line		1 p.m. Free Bingo
Dancing		Dancing		
8	9	10	11	12
8:30 a.m. Light Aerobics	Day #1 Candy Cane Day: Wear	Day #2 Grinchmas: Wear	Day #3 Stockings Day: Wear	Day #4 Frosty Day: Wear a
9:30 a.m 12:45 p.m. Watercolor	Red & White and Find the	Something Grinchy	Festive Socks	Snowman or Dress Like a
Class	<b>Candy Canes</b>	8:30 a.m. Light Aerobics	10:30 a.m. Holiday Program	Snowman
1 p.m. Nickel Bingo	10:30 a.m. Stretch with EJ	10 a.m. Coloring Club	10:30 a.m. Blood Pressure	8:30 a. m. Light Aerobics
1:15 p.m. Beginners Line	11 a.m. Tone and Fit	1 p.m. Free Card Bingo	Screenings	9:30 a.m – 12:45 p.m. Watercolor
Dancing	1 p.m. Free Bingo	1 p.m. Advanced Line Dancing	10:30 a.m. Stretch with EJ	Class
		2:15 p.m. Intermediate Line	11 a.m. Tone and Fit	10 a.m. Wii Bowling
		Dancing	11:30 a.m. On the Mat	1 p.m. Free Bingo
			1 p.m. Nickel Bingo	
15	16	17	18	19
Day #5 The Colors of Christmas	Day #6 Ugly Sweater Day:	Day #7 Pajama Party with	Day #8 Deck the Halls Day: Wear	Day #9 Christmas Party with
Day: Wear Red & Green	<b>Prize for Best Sweater!</b>	<b>Cookies and Hot Cocoa</b>	<b>Holiday Accessories</b>	"Carol-Oke"
8:30 a.m. Light Aerobics	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	10 a.m. Angel Craft	8:30 a. m. Light Aerobics
9:30 a.m – 12:45 p.m. Watercolor	11 a.m. Tone and Fit	10 a.m. Coloring Club	10:30 a.m. Stretch with EJ	9:30 a.m – 12:45 p.m. Watercolor
Class	12:30 p.m. Standing Stone	11 a.m. Blood Pressure Screenings	11 a.m. Tone and Fit	Class
1 p.m. Nickel Bingo	Kickers Holiday Dance Demo	1 p.m. Free Card Bingo	11:30 a.m. On the Mat	10 a.m. Wii Bowling
1:15 p.m. Beginners Line	1 p.m. Free Bingo	1 p.m. Advanced Line Dancing	1 p.m. Nickel Bingo	10 a.m 2 p.m. Christmas Party
Dancing		2:15 p.m. Intermediate Line		1 p.m. Free Bingo
		Dancing		

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	Spent Handing House Spent Hand				
Mon	Tue	Wed	Thu	Fri	
22	23	24	25	26	
Day #10 Santa and His Helpers	Day #11 Christmas Movie Day	Day #12 Christmas Trivia Day	CENTER CLOSED	8:30 a. m. Light Aerobics	
<u>Day</u> : Wear a Santa or Elf Hat	10:30 a.m. Stretch with EJ	with Prizes		9:30 a.m 12:45 p.m. Watercolor	
8:30 a.m. Light Aerobics	11 a.m. Tone and Fit	8:30 a.m. Light Aerobics		Class	
9:30 a.m 12:45 p.m. Watercolor	1 p.m. Free Bingo	10 a.m. Coloring Club		10 a.m. Wii Bowling	
Class		1 p.m. Free Card Bingo		1 p.m. Free Bingo	
1 p.m. Nickel Bingo					
1:15 p.m. Beginners Line		** Line Dancing is Cancelled for			
Dancing		Today.			
29	30	31			
8:30 a.m. Light Aerobics	10:30 a.m. Stretch with EJ	8:30 a.m. Light Aerobics	Daily Activities	REMINDER to	
9:30 a.m 12:45 p.m. Watercolor	11 a.m. Tone and Fit	10 a.m. Coloring Club		RSVP for lunch:	
Class	1 p.m. Free Bingo	1 p.m. Free Card Bingo	Pinochle, Billiards		
1 p.m. Nickel Bingo			and Puzzles!	Please reserve your meal in copilot or contact the	
1:15 p.m. Beginners Line		** Line Dancing is Cancelled for		Senior Center Staff	
Dancing		Today.		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.

