

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

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Mon	Tue	Wed	Thu	Fri
22 <u>Day #10 Santa and His Helpers</u> <u>Day: Wear a Santa or Elf Hat</u> 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	23 <u>Day #11 Christmas Movie Day</u> 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	24 <u>Day #12 Christmas Trivia Day with Prizes</u> 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 1 p.m. Free Card Bingo ** Line Dancing is Cancelled for Today.	25 CENTER CLOSED	26 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
29 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	30 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Free Bingo	31 8:30 a.m. Light Aerobics 10 a.m. Coloring Club 1 p.m. Free Card Bingo ** Line Dancing is Cancelled for Today.	<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.

