

**APRIL 2026 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
<p><b><u>REMINDER to RSVP for lunch:</u></b></p> <p>Please reserve your meal in copilot or contact the Senior Center Staff by 1 p.m. one day in advance.</p>		<p>1</p> <p>8:30 a.m. Light Aerobics 10:30 a.m. Coloring Club 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>2</p> <p>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</p>	<p>3</p> <p align="center">Center Closed</p>
<p>6</p> <p>8:30 a.m. Light Aerobics 9:30 a.m.. - 12:45 p.m. Watercolor Class 11:00 a.m. Fraud Program 1 p.m. Nickel Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>7</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Fraud Bingo 11 a.m. Tone and Fit 11:30 a.m. Well Balance Class 1 p.m. Free Bingo</p>	<p>8</p> <p>8:30 a.m. Light Aerobics 10:30 a.m. Coloring Club 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>
<p>13</p> <p>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</p>	<p>14</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. Well Balance Class 1 p.m. Free Bingo</p>	<p>15</p> <p>8:30 a.m. Light Aerobics 10:30 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</p>	<p>16</p> <p>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</p>	<p>17</p> <p>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</p>

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<p>20</p> <p>8:30 a.m. Light Aerobics</p> <p>9:30 a.m.. - 12:45 p.m.</p> <p>Watercolor Class</p> <p>1 p.m. Nickel Bingo</p> <p>1:15 p.m. Beginners Line Dancing</p>	<p>21</p> <p>10:30 a.m. Stretch with EJ</p> <p>11 a.m. Tone and Fit</p> <p>11:30 a.m. Well Balance Class</p> <p>1 p.m. Free Bingo</p>	<p>22</p> <p>8:30 a.m. Light Aerobics</p> <p>10:30 a.m. Coloring Club</p> <p>11 a.m. Adult Breathing Easier Presentation</p> <p>1 p.m. Free Card Bingo</p> <p>1 p.m. Advanced Line Dancing</p> <p>2:15 p.m. Intermediate Line Dancing</p>	<p>23</p> <p>10:30 a.m. Stretch with EJ</p> <p>11 a.m. Tone and Fit</p> <p>11:30 a.m. On the Mat</p> <p>1 p.m. Nickel Bingo</p>	<p>24</p> <p>8:30 a. m. Light Aerobics</p> <p>9:30 a.m.. - 12:45 p.m.</p> <p>Watercolor Class</p> <p>10 a.m. Wii Bowling</p> <p>1 p.m. Free Bingo</p>
<p>27</p> <p>8:30 a.m. Light Aerobics</p> <p>9:30 a.m.. - 12:45 p.m.</p> <p>Watercolor Class</p> <p>1 p.m. Nickel Bingo</p> <p>1:15 p.m. Beginners Line Dancing</p>	<p>28</p> <p>10:30 a.m. Stretch with EJ</p> <p>11 a.m. Tone and Fit</p> <p>11:30 a.m. Well Balance Class</p> <p>1 p.m. Free Bingo</p>	<p>29</p> <p>8:30 a.m. Light Aerobics</p> <p>10 a.m. Coloring Club</p> <p>1 p.m. Free Card Bingo</p> <p>1 p.m. Advanced Line Dancing</p> <p>2:15 p.m. Intermediate Line Dancing</p>	<p>30</p> <p>10:30 a.m. Stretch with EJ</p> <p>11 a.m. Tone and Fit</p> <p>11:30 a.m. On the Mat</p> <p>1 p.m. Nickel Bingo</p>	



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.

