

MAY 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><u>REMINDER to RSVP for lunch:</u></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 9:30 a.m. - 12:45 p.m. Watercolor Class 10 a.m. Wii Bowling 1 p.m. Free Bingo</p>
<p>4</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. - 12:45 p.m. Watercolor Class 1 p.m. Free Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>5</p> <p>10:30 a.m. Stretch with EJ 10:45 a.m. Nutrition Education 11 a.m. Tone and Fit 11:30 a.m. Well Balance Class (Last Class) 1 p.m. Nickel Bingo</p>	<p>6</p> <p>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</p>	<p>7</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. The Legend Show (Musical Entertainment) 11:30 a.m. On the Mat 1 p.m. Nickel Bingo</p>	<p>8</p> <p>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</p>
<p>11</p> <p>8:30 a.m. Light Aerobics 9:30 a.m. - 12:45 p.m. Watercolor Class 1 p.m. Free Bingo 1:15 p.m. Beginners Line Dancing</p>	<p>12</p> <p>10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Nickel Bingo</p>	<p>13</p> <p>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</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>

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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.

