

OCTOBER 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
<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.			1 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	2 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
5 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 World Teachers Day!	6 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Halloween Trivia with Kelly 1 p.m. Nickel Bingo	7 8:30 a.m. Light Aerobics 11 a.m. Balance & Mobility 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	8 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 	9 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 World Post Day
12 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	13 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Pumpkin Beanbag Toss 1 p.m. Nickel Bingo	14 8:30 a.m. Light Aerobics 10:00 a.m. Arts & Crafts 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	15 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Red Ribbon Week Presentation 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	16 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

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19 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	20 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Diabetes Presentation 1 p.m. Nickel Bingo	21 8:30 a.m. Light Aerobics 11:30 a.m. Basic Recycling Presentation 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing 	22 10:30 a.m. Stretch w/EJ 11 a.m. Halloween Celebration! Wear a Costume or Spooky Accessories! Music by The Legend Show 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo	23 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 
26 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	27 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Nickel Bingo	28 8:30 a.m. Light Aerobics 11 a.m. Pumpkin Painting 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	29 10:30 a.m. Stretch w/EJ 11 a.m. Tone and Fit 11:30 a.m. On the Mat 1 p.m. Nickel Bingo 	30 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 Wear your Spooky Outfit or Accessories!!

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.

