November 2026

Central Blair Senior Center
Michele Plummer, Center Coordinator: 814-946-1235

1320 12th Ave, Altoona, PA 16601
Open: Monday – Friday 8:00-4:00

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 a.m. Light Aerobics 9:30 a.m. – 12:45 p.m. Watercolor Class 1:00 p.m. Free Bingo 1:15 p.m. Beginners Line Dancing	3 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Nickel Bingo	4 8:30 a.m. Light Aerobics 11 a.m. Managing Chronic Disease over Holidays 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	5 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11:30 a.m. Nutrition and Proper Form with EJ 1 p.m. Nickel Bingo	6 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
9 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	10 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. – 1 p.m. The Legend Show 1 p.m. Nickel Bingo	11 8:30 a.m. Light Aerobics 11:00 a.m. 2027 Medicare Seminar 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	12 10:30 a.m. Stretch with EJ 11 a.m. Public Hearing with Steve 11 a.m. Tone and Fit 11:30 a.m. Nutrition and Proper Form with EJ 1 p.m. Nickel Bingo	13 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 Students Presentation 1 p.m. Free Bingo
16 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	17 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Women's Health Presentation 1 p.m. Nickel Bingo	18 8:30 a.m. Light Aerobics 10:30 a.m. Arts & Crafts 1 p.m. Free Card Bingo 1 p.m. Advanced Line Dancing 2:15 p.m. Intermediate Line Dancing	19 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 11 a.m. Safe Medication Storage and Disposal Presentation 11:30 a.m. Nutrition and Proper Form with EJ 1 p.m. Nickel Bingo	20 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 Students Presentation 1 p.m. Free Bingo

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23 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	24 10 a.m. Coloring Club 10:30 a.m. Stretch with EJ 11 a.m. Tone and Fit 1 p.m. Nickel Bingo	25 8:30 a.m. Light Aerobics 1 p.m. Free Card Bingo NO LINE DANCING TODAY **Wear Thanksgiving Colors!**	26 Closed 	27 Closed 
30 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				

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.
Lunch is served at 12:00 p.m.
Calendar activities subject to change.

BLAIR SENIOR SERVICES
AREA AGENCY ON AGING

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