

March 2020

Central Blair Senior Center, 1320 12th Avenue in Altoona

Tiffany Finamore, Center Coordinator: 814-946-1235

Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Medication Management Presentation 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>Jojo Rabbit</i></p>	<p>3</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:00 p.m. French Class 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>4</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>5</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Paint Class (\$2 Per Person) 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>6</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Cybersecurity Presentation 12:45 p.m. Bingo</p>
<p>9</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 11:15 a.m. Fun with Bubbles 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>A Beautiful Day in the Neighborhood</i> <i>* National Bubble Week</i></p>	<p>10</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:30 a.m. Blood Pressure Screening 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:00 p.m. French Class 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>11</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>12</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 11:00 a.m. Lunch at Mama Randazzo's (Please call one week prior to RSVP) 11:00 a.m. Paint Class (\$2 Per Person) 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>13</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Pinochle Club 10:30 a.m. Quilling Craft 9:45 a.m. Light Aerobics 12:45 p.m. Bingo</p>
<p>16</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:45 a.m. 3 Almost Wise Men Music Sing-a-long 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>Playing with Fire</i></p>	<p>17</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 10:15 a.m. Penn State Student Visit and St. Patrick's Day Fun 12:45 p.m. Left Right Center Game 12:45 p.m. Paint Party with Kay \$2 donation 1:00 p.m. German Class 2:00 p.m. French Class 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>18</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Entertainment by Charlie Leiden 10:30 a.m. Adult Coloring Class 1:00p.m. Card Making—4 for \$10 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>19</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:15 a.m. Penn State Student Visit and Bird Feeder Craft 11:00 a.m. Paint Class (\$2 Per Person) 2:00 p.m. Yoga 3:00 p.m. Zumba Gold *First Day of Spring</p>	<p>20</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Safe Driver Course 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentation 12:45 p.m. Bingo</p>

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Mon	Tue	Wed	Thu	Fri
<p>23</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Special Bingo 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>Harriet</i></p>	<p>24</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:00 p.m. French Class 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>25</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 10:30 a.m. Adult Coloring Class 1:00 p.m. Line Dancing ~ Advanced 2:15 p.m. Line Dancing ~ Beginners</p>	<p>26</p> <p>9:30 a.m. Coffee and Current Events 10:00 a.m. Light Aerobics 10:30 a.m. Music Sing-A-Long 11:00 a.m. Lunch at Lena's Cafe (Please call one week prior to RSVP) 11:00 a.m. Paint Class (\$2 Per Person) 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</p>	<p>27</p> <p>8:30 a.m. Light Aerobics 9:00 a.m. Safe Driver Course 9:00 a.m. Pinochle Club 9:45 a.m. Light Aerobics 10:45 a.m. Penn State College of Nursing Student Presentation 11:00 a.m. Pet of the Month Presented by the Humane Society 11:45 a.m. Birthday Party & 50/50 12:45 p.m. Bingo</p>
<p>30</p> <p>8:30 a.m. Light Aerobics 9:45 a.m. Light Aerobics 11:00 a.m. Gambling Addiction Awareness Presentation 12:45 p.m. Supermarket Bingo 1:00 p.m. Movie & Popcorn in the Dining Room: <i>Blinded by the Light</i></p>	<p>31</p> <p>9:00 a.m. Quilt Club 10:00 a.m. Light Aerobics 12:45 p.m. Left Right Center Game 1:00 p.m. German Class 2:00 p.m. French Class 2:00 p.m. Yoga 3:00 p.m. Zumba Gold</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.

