











Altoona Activity Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>2</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Instructed Exercise: 10:15-10:45 (Main level with the Campus)</i></p>	<p>3</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>FOOT NURSE </p>	<p>4</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>5</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO </p>
<p>8</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>9</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Instructed Exercise: 10:15-10:45 (Main level with the Campus)</i></p>	<p>10</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Chair volleyball: 10:15 (Main level with the Campus)</i></p>	<p>11</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>12</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO </p>
<p>15</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>16</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Instructed Exercise: 10:15-10:45 (Main level with the Campus)</i></p>	<p>17</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Chair volleyball: 10:15 (Main level with the Campus)</i></p>	<p>18</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>19</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BLOOD PRESSURE </p> <p>BINGO </p>
<p>22</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>23</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Instructed Exercise: 10:15-10:45 (Main level with the Campus)</i></p>	<p>24</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Chair volleyball: 10:15 (Main level with the Campus)</i></p>	<p>25</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>26</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO </p>
<p>29</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p>BINGO-CIZE @ 10:30-11:15AM</p>	<p>30</p> <p>11:00-12:00 Lunch Cards, Canasta, Puzzle, Wii- Anytime</p> <p><i>Instructed Exercise: 10:15-10:45 (Main level with the Campus)</i></p>		<p>SITE HOURS MONDAY-FRIDAY 9:00am-3:00pm</p> 	<p>ALTOONA SENIOR CENTER 6615 NE 41st AVE ALTOONA, IA 50009 515-967-6412 NATALIE OLSON SITE CORRINATOR</p>

***BINGO STARTS APPROXIMATELY 11:30AM ON FRIDAYS**