

March 2024

Southern Blair Senior Center 15229 Dunnings Highway, East Freedom PA, 16637

Karen Kelley, Center Coordinator: 814-317-5181

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

Mon

Tue

Wed

Thu

Fri



DAILY ACTIVITIES

Adult Coloring
Computer Room
Exercise Classes
Fitness Room
Indoor Walking
Multi Purpose Room
COMMODITY BOXES
March 26th



JOIN US FOR AN 8 WEEK

TAI CHI CLASS

Tuesdays from 3/26—5/7

10:45 a.m.—11:00 a.m.

Pre-register at the Center!



1

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:15 p.m. Indoor Walking
12:15 p.m. Health Presentation
12:30 p.m. Cards

4

9:00 a.m. Toning
10:00 a.m. Zumba Gold
12:15 p.m. Indoor Walking

5

9:00 a.m. Pinochle Club
9:30 a.m. Light Aerobics
10:00 a.m. Crafts with Kay
12:15 p.m. Indoor Walking
12:15 p.m. Bingo

6

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Nickel Bingo
11:00 a.m. Yoga
12:00 p.m. Afternoon Dance with Rich Hagens
12:15 p.m. Indoor Walking
12:30 p.m. Cards

7

8:00 a.m. Quilting Club
9:00 a.m. Brain Games
9:30 a.m. Light Aerobics
10:00 a.m. Pictionary
11:00 a.m. Blood Pressure Screenings
12:15 p.m. Indoor Walking
2:00 p.m. Alzheimer's Support Group

8 **Turn Your Clocks Ahead Sat!**

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:15 p.m. Blood Pressure Screenings & Chair Yoga with Lesly
12:30 p.m. Manicures
12:15 p.m. Indoor Walking
12:30 p.m. Cards

11

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:00 a.m. Penny Bingo
12:15 p.m. Indoor Walking

12

9:00 a.m. Pinochle Club
9:30 a.m. Light Aerobics
10:30 a.m. Penny Bingo w/ Paul
12:15 p.m. Games with Perie
12:15 p.m. Indoor Walking

13 **Find the Gold Coins!**

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Nickel Bingo
11:00 a.m. Yoga
12:15 p.m. Bingo
12:15 p.m. Indoor Walking
12:30 p.m. Cards

14 **Find the Gold Coins!**

8:00 a.m. Quilting Club
9:00 a.m. Brain Games
9:30 a.m. Light Aerobics
10:00 a.m. Pictionary
12:15 p.m. Indoor Walking
12:15 p.m. Health Talk

15 **GET YOUR GREEN ON!!**

9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:00 p.m. St. Patrick's Day Dance & Karaoke with DJ Mike Williamson
12:30 p.m. Cards







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Mon	Tue	Wed	Thu	Fri
18 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 	19 <u>FIRST DAY OF SPRING!!</u> 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Village in Place Bingo 10:45 a.m. Tai Chi 12:15 p.m. March Birthday Party 12:15 p.m. Indoor Walking	20 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Yoga 12:15 p.m. Identity Theft, "What Everyone Should Know" 12:30 p.m. Cards	21 8:00 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 11:00 a.m. Quarterly Nutrition Education & Food Safety 10:00 a.m. Pictionary 12:15 p.m. Indoor Walking 12:15 p.m. Trivia w/ KK	22 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Bl. County Conservation—Growing Micro Greens. (Must register in advance) 12:30 p.m. Cards
25 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Indoor Walking	26 COMMODITY BOX 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:00 a.m. Health Program & Bingo 10:45 a.m. Tai Chi 12:15 p.m. Indoor Walking 12:15 p.m. Egg Coloring	27 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Yoga 11:30 a.m. Special Easter Prize Drawing 12:15 p.m. Country Store Bingo	28 8:00 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Blood Pressure Screenings	29 CLOSED GOOD FRIDAY 

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.

