



April 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
<p>1 <b>APRIL FOOLS DAY</b>            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Sing-a-Long with Lee King</b>            12:15 p.m. Lapping the Lot</p> 	<p>2            9:00 a.m. Pinochle Club            9:30 a.m. Light Aerobics  <b>10:30 a.m. Crafts with Kay</b>            10:45 a.m. Tai Chi            12:15 p.m. Lapping the Lot  <b>12:15 p.m. Maybrook Bingo</b>            12:30 p.m. Cards</p>	<p>3            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Nickel Bingo</b>            11:00 a.m. Chair Yoga            12:15 p.m. Lapping the Lot  <b>12:30 p.m. Afternoon Dance w/ Rich Hagens</b>            12:30 p.m. Cards</p>	<p>4  <b>8:00 a.m. Quilting Club</b>  <b>9:00 a.m. Brain Games</b>            9:30 a.m. Light Aerobics  <b>10:00 a.m. Pictionary</b>  <b>11:00 a.m. Blood Pressure Screenings</b>            12:30 p.m. Cards  <b>2:00 p.m. Alzheimer's Support Group</b></p>	<p>5            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Penny Bingo</b>            12:15 p.m. Lapping the Lot  <b>12:15 p.m. Homewood Health Education &amp; Goodies</b>            12:30 p.m. Cards</p>
<p>8            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:00 a.m. Penny Bingo</b>            12:15 p.m. Lapping the Lot</p>	<p>9            9:00 a.m. Pinochle Club            9:30 a.m. Light Aerobics  <b>10:00 a.m. Estate Planning</b>            10:45 a.m. Tai Chi  <b>12:15 p.m. Term vs. Whole Life Bingo</b>            12:15 p.m. Lapping the Lot            12:30 p.m. Cards</p>	<p>10            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Nickel Bingo</b>            11:00 a.m. Chair Yoga  <b>12:15 p.m. Bingo</b>  <b>1:00 p.m. Manicures with Yong</b>            12:30 p.m. Cards</p>	<p>11  <b>8:00 a.m. Quilting Club</b>  <b>9:00 a.m. Brain Games</b>            9:30 a.m. Light Aerobics  <b>10:00 a.m. Pictionary</b>  <b>12:15 p.m. Boost Your Brain PSU Altoona Students</b>            12:15 p.m. Lapping the Lot            12:30 p.m. Cards</p>	<p>12            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Penny Bingo</b>            12:15 p.m. Lapping the Lot  <b>12:15 p.m. Different types of Cancer</b>  <b>12:30 p.m. BP Screening</b>            12:30 p.m. Cards</p>
<p>15            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:15 a.m. Back Porch Music</b></p> 	<p>16            9:00 a.m. Pinochle Club            9:30 a.m. Light Aerobics  <b>10:30 a.m. Village in Place Bingo</b>            10:45 a.m. Tai Chi  <b>12:15 p.m. Back Pain Myths/ Brian w/ Holy Trinity</b>            12:15 p.m. Lapping the Lot            12:30 p.m. Cards</p>	<p>17            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Nickel Bingo</b>            11:00 a.m. Chair Yoga  <b>12:15 p.m. Geisinger Games w/ Perie</b>            12:30 p.m. Cards</p>	<p>18  <b>8:00 a.m. Quilting Club</b>  <b>9:00 a.m. Brain Games</b>            9:30 a.m. Light Aerobics  <b>10:00 a.m. Pictionary</b>            10:00 a.m. Brain Games  <b>12:15 p.m. Trivia with KK</b>            12:15 p.m. Lapping the Lot            12:30 p.m. Cards</p>	<p>19            9:00 a.m. Toning            10:00 a.m. Zumba Gold  <b>10:30 a.m. Penny Bingo</b>  <b>12:00 p.m. Volunteer Appreciation Celebration &amp; Dance with Wild Desire</b>            12:30 p.m. Cards</p>

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Mon	Tue	Wed	Thu	Fri
22 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot	23 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics <b>10:30 a.m. From the Heart Presentation and Games</b> 10:45 a.m. Tai Chi <b>12:00 p.m. April Birthday Party</b> 12:30 p.m. Cards	24 9:00 a.m. Toning 10:00 a.m. Zumba Gold <b>10:30 a.m. Nickel Bingo</b> 11:00 a.m. Chair Yoga <b>12:15 p.m. Country Store Bingo</b> 12:30 p.m. Cards	25 <b>8:00 a.m. Quilting Club</b> <b>9:00 a.m. Brain Games</b> 9:30 a.m. Light Aerobics <b>10:00 a.m. Pictionary</b> <b>11:00 a.m. Health Talk</b> <b>12:15 p.m. Lapping the Lot</b> 12:30 p.m. Cards	26 9:00 a.m. Toning 10:00 a.m. Zumba Gold <b>10:30 a.m. Penny Bingo</b> <b>12:15 p.m. Senior Bullying Presentation AmeriHealth</b> 12:30 p.m. Cards
29 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot 	30 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics <b>10:30 a.m. Penny Bingo</b> 10:45 a.m. Tai Chi <b>12:15 p.m. Lapping the Lot</b> 12:30 p.m. Cards <b>1:00 p.m. Computer &amp; Phone Training with the Center for Independent Living</b> <b>1:00 p.m. Vaccine Clinic</b>		<b>DAILY ACTIVITIES</b> Adult Coloring Computer Room Exercise Classes Exercise Room Indoor Walking Multi Purpose Room <b>COMMODITY BOXES</b> <b>April 23rd</b>	

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.

