

May 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><u>DAILY ACTIVITIES</u> Adult Coloring Computer Room Exercise Classes Exercise Room Indoor Walking Multi Purpose Room COMMODITY BOXES MAY 28th</p>	<p>1 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:30 p.m. Afternoon Dance with Rich Hagens 12:30 p.m. Cards</p>	<p>2 8:00 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 2:00 p.m. Alzheimer's Support Group</p>	<p>3 <u>WEAR YOUR SOMBRERO!</u> 9:00 a.m. Toning 9:00 a.m. Cinco De Mayo FUN and Games & Giveaways! 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. AAHS Jazz Band 12:30 p.m. Cards</p>
<p>6 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot</p>	<p>7 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Password 10:45 a.m. Tai Chi 12:15 p.m. Maybrook Bingo 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>8 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Senior Life Bingo 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>9 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. Lapping the Lot 12:30 p.m. Cards</p>	<p>10 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Dealing w/ Arthritis 12:30 p.m. BP Screening 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>
<p>13 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Penny Bingo 12:15 p.m. Lapping the Lot</p>	<p>14 <u>NATIONAL DANCE LIKE A CHICKEN DAY</u> 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 P.M. Everybody Chicken Dance! 12:30 p.m. Cards</p>	<p>15 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Lapping the Lot 12:15 p.m. "Just Because" Prize Drawings (Must be present to Win!) 12:30 p.m. Cards</p>	<p>16 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. Lapping the Lot 12:30 p.m. Cards</p>	<p>17 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Identity Theft 12:30 p.m. Cards</p>

May 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>20</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 Back Porch Music</p> <p>12:15 p.m. Lapping the Lot</p> 	<p>21</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Village in Place Bingo</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:15 p.m. Everybody YMCA!</p> <p>12:15 p.m. Crafts w/ Kay</p> <p>12:30 p.m. Cards</p>	<p>22</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Nickel Bingo</p> <p>11:00 a.m. Chair Yoga</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:15 p.m. FGP/SCP Presentation and Games</p> <p>12:30 p.m. Cards</p>	<p>23</p> <p>8:00 a.m. Quilting Club</p> <p>9:30 a.m. Light Aerobics</p> <p>9:00 a.m. Brain Games</p> <p>10:00 a.m. Pictionary</p> <p>11:00 a.m. Blood Pressures</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:30 p.m. Cards</p>	<p>24</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>12:00 p.m. Swing into Summer Dance w/ DJ Matt (Wear Your Red, White & Blue!)</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:30 p.m. Card Games</p>
<p>27 CENTER CLOSED</p>	<p>28</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Penny Bingo</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:15 p.m. Bl County Master Gardeners—Tick Education</p> <p>12:30 p.m. Cards</p>	<p>29</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Nickel Bingo</p> <p>11:00 a.m. Chair Yoga</p> <p>12:15 p.m. Country Store Bingo</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:30 p.m. Cards</p>	<p>30</p> <p>8:00 a.m. Quilting Club</p> <p>9:00 a.m. Brain Games</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pictionary</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:15 p.m. Everybody Hokey Pokey!</p> <p>12:15 p.m. Health Talk</p>	<p>31</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>12:00 p.m. May Birthday Party</p> <p>12:15 p.m. Lapping the Lot</p> <p>12:15 p.m. Trivia w/ KK</p> <p>12:30 p.m. Cards</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.

