

May 2025

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

Karen Kelley, Center Coordinator: 814-317-5181

Open: Monday through Friday from 8:30 a.m.—3:00 p.m.

Mon	Tue	Wed	Thu	Fri
	<p><u>DAILY ACTIVITIES</u></p> <p>Adult Coloring Computer Room Exercise Classes Exercise Room Lapping the Lot Multi Purpose Room Puzzles</p> <p>COMMODITY BOXES 27TH</p>		<p>1</p> <p>8:30 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. Beginners Line Dance 12:15 p.m. Prepare Your Garden 2:00 p.m. Alzheimer's Support</p>	<p>2</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Dime Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Kentucky Derby Games 12:30 p.m. Cards</p>
<p>5 Cinco De Mayo <u>WEAR YOUR SOMBRERO!</u></p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Cinco De Mayo FUN, Food & Photo Booth 12:30 p.m. Cards</p>	<p>6</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Quarterly Fall Prevention & Balance Screening 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>7</p> <p>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 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>8</p> <p>8:30 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. Beginners Line Dance 12:15 p.m. Because We Can Drawing 12:30 p.m. Cards</p>	<p>9</p> <p>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. Nat'l Health & Fitness Month Program 12:30 p.m. BP Screening 12:30 p.m. Cards</p>
<p>12</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Stroke Awareness 12:30 p.m. Cards</p>	<p>13 <u>NATIONAL DANCE LIKE A CHICKEN DAY</u></p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Up & At'em 12:15 p.m. SCP/FGP Presentation and Games 12:30 p.m. Cards</p>	<p>14</p> <p>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. Senior Life Bingo 12:30 p.m. Cards</p>	<p>15 <u>National Chocolate Chip Day</u></p> <p>8:30 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. Beginners Line Dance 12:15 p.m. Fraud Bingo 12:30 p.m. Cards</p>	<p>16 <u>WEAR RED, WHITE & BLUE</u></p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:00 p.m. Phil McCauley in Concert 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>

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Mon	Tue	Wed	Thu	Fri
19 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Back Porch Music 12:30 p.m. Cards  26 CENTER CLOSED 	20 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Village in Place Bingo 12:15 p.m. Blood Pressure Screenings 12:15 p.m. Up & At'em 12:15 p.m. Lapping the Lot	21 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. Red, White & Blue Karaoke 12:30 p.m. Cards	22 8:30 a.m. Quilting Club 9:30 a.m. Light Aerobics 9:00 a.m. Brain Games 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 11:00 a.m. Health Presentation 12:15 p.m. Concentration 12:30 p.m. Cards	23 <u>DRESS PATRIOTIC!</u> 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. Eric Armstrong in Concert 12:30 p.m. Card Games
	27 COMMODITY BOXES 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Get Up, Get Active Program 12:30 p.m. Cards	28 National Senior Health & Fitness Day 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. Country Store Bingo 12:30 p.m. Cards	29 8:30 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. Beginners Line Dance 12:15 p.m. Lapping the Lot 12:15 p.m. Up & At'em 12:30 p.m. Cards	30 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. Manicures 12:15 p.m. May Birthday Party 12:30 p.m. Cards