

June 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>2</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> 	<p>3</p> <p>9:30 a.m. Light Aerobics 12:15 p.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Quarterly Nutrition Education 12:15 p.m. Up and Att'm 12:30 p.m. Cards</p>	<p>4</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 12:00 p.m. Afternoon Dance with Rich Hagens 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>5</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 11:00 a.m. Line Dancing for Beginners 12:15 p.m. Trivia with KK 12:15 p.m. Lapping the Lot 2:00 p.m. Alzheimer's Support Group</p>	<p>6</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. Ice Cream Social Nicole 12:15 p.m. Manicures 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. Name That Tune 12:15 p.m. Lapping the Lot 12:15 p.m. Fruit & Vegetable Education 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>10</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Urinary Incontinence and Treatment 12:30 p.m. Cards</p>	<p>11</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 12:00 p.m. Acoustical Guitar Music by Jack Thompson 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>12</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 11:00 a.m. Line Dancing for Beginners 12:15 p.m. Up & Att'm 12:30 p.m. Cards</p>	<p>13</p>  <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:00 a.m. Chair Yoga 12:15 p.m. June Birthday Party 12:15 p.m. Alzheimer's and Brain Injury Awareness 12:30 p.m. Blood Pressures</p>
<p>16</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 A.M. Back Porch Music 12:15 p.m. Lapping the Lot</p> 	<p>17</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Village In Place Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Special Bingo 12:30 p.m. Cards</p>	<p>18</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. Caring for Your Garden 12:30 p.m. Cards</p>	<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Cards</p> 

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Mon

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23 **WEAR PINK !!**

9:00 a.m. Toning

10:00 a.m. Zumba Gold

10:30 a.m. Scattergories

12:15 p.m. Lapping the Lot

12:30 p.m. Cards



24 **COMMODITY BOX**

9:30 a.m. Light Aerobics

10:30 a.m. Ticket Bingo

12:15 p.m. Lapping the Lot

12:15 p.m. Blood Pressure Screenings with Celebration Villa

12:30 p.m. Up and Att'em

12:30 p.m. Cards

25

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. Country Store Bingo

12:30 p.m. Cards

26

8:30 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. Line Dancing for Beginners

11:00 a.m. Blood Pressures with Nurse Kelly

12:15 p.m. Beaver Education

12:30 p.m. Cards

27 **Nat'l Bingo Day!**

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. Importance of Exercise Program

12:30 p.m. Cards

30

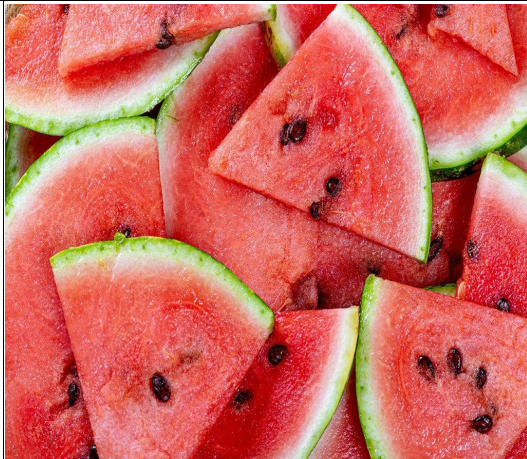
9:00 a.m. Toning

10:00 a.m. Zumba Gold

10:30 a.m. Concentration

12:15 p.m. Lapping the Lot

12:30 p.m. Cards



DAILY ACTIVITIES

Adult Coloring

Computer Room

Exercise Classes

Exercise Room

Indoor Walking

Multi Purpose Room

COMMODITY BOXES

June 24th



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. Lunch is served at 11:30 a.m.