


July 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
	1 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Up & Att'm 12:30 p.m. Cards	2 DRESS PATRIOTIC! 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Visit from Uncle Sam 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:00 p.m. RED, WHITE & BLUE Dance w/ Rich Hagens 12:15 p.m. Patriotic Manicures 12:15 p.m. Lapping the Lot	3 Nat'l Bikini Day 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. Line Dancing for Beginners 12:15 p.m. Karaoke 2:00 p.m. Alzheimer's Support Group	4 CENTER CLOSED 
7 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	8 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. CIL Are You Smarter Than a 5th Grader 12:30 p.m. Cards	9 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. FGP/SCP Education & Games 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	10 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. Line Dancing for Beginners 12:15 p.m. Lapping the Lot 12:15 p.m. Up & Att'm 12:30 p.m. Cards	11 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. Dangers of Vaping 12:30 p.m. Blood Pressures 12:30 p.m. Cards
14 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. The Cowboys 12:15 p.m. Lapping the Lot	15 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. Up & Att'm 12:30 p.m. Cards	16 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. Emergency Preparedness Program 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	17 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:45 a.m. Line Dancing for Beginners 10:00 a.m. Pictionary 12:15 p.m. Lapping the Lot 12:15 p.m. PA Dept. of Banking & Securities Fraud Bingo	18 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. Wound Care: Stop The Bleed UPMC 12:30 p.m. Cards

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Mon

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21
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



28
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Horseshoe
Cloggers
12:15 p.m. Lapping the Lot

22
9:30 a.m. Light Aerobics
10:00 a.m. Pinochle Club
10:30 a.m. Ticket Bingo
12:15 p.m. Lapping the Lot
12:15 p.m. Blood Pressure Screenings
12:15 p.m. Up & Att'm
12:30 p.m. Cards

29 **COMMODITY BOXES**
NAT'L LIPSTICK DAY!!
9:30 a.m. Light Aerobics
10:00 a.m. Pinochle Club
10:30 a.m. Ticket Bingo
12:15 p.m. Lapping the Lot
12:15 p.m. Up & Att'm
12:30 p.m. Cards

23 **CHRISTMAS IN JULY**
DRESS FESTIVE!!
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
12:00 p.m. Phil McCaulley
Christmas in July Concert
12:30 p.m. Cards

30
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
12:15 p.m. Lapping the Lot
12:30 p.m. Cards

24
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. Line Dancing for Beginners
11:00 a.m. Health Talk w/ Nurse Kelly
12:30 p.m. Cards

31
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. Line Dancing for Beginners
12:15 p.m. Lapping the Lot
12:15 p.m. Bl. Co. D&A: Current Drug Trends

25
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:00 p.m. July Birthday Party
12:15 p.m. Lapping the Lot
12:15 p.m. Trivia w/ KK
12:30 p.m. Cards

DAILY ACTIVITIES
Adult Coloring
Computer Room
Exercise Classes
Fitness Room
Lapping the Lot
Multi Purpose Room
COMMODITY BOXES
July 29th