

September 2025

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

Karen Kelley, Center Coordinator: 814-317-5181

New Hours Effective September 9: Monday - Friday from 8:30 a.m. - 3 p.m.

Mon	Tue	Wed	Thu	Fri
1 CLOSED 	2 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 10:45 a.m. Tai Chi 12:15 p.m. Lapping the Lot 12:15 p.m. Special Bingo 12:30 p.m. Cards	3 <u>Dress in your Best Country & Western Attire!</u> <u>It's a Hoot'n Nanny!</u> 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 Hoot'n Nanny with Rich Hagens 12:30 p.m. Cards	4 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. Basic Beginning Line Dance 12:15 p.m. Up & At 'Em 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support	5 TAILGATE PARTY <u>Wear Your Team Colors!</u> 9:00 a.m. Toning 9:00 a.m. Cornhole 10:00 a.m. Zumba Gold 10:30 a.m. Dime Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Medicare: Your Choices 12:30 p.m. Cards 
8 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Scattergories 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	9 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 10:45 a.m. Tai Chi 12:15 p.m. Lapping the Lot 12:15 p.m. CIL: Are you Smarter Than a 5th Grader 12:30 p.m. Cards	10 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. Community Pharmacy Vaccine Clinic 12:30 p.m. Cards	11 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. Basic Beginning Line Dance 12:15 p.m. Geisinger Bingo 12:30 p.m. Cards	12 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:00 p.m. Sept. Birthday Party 12:15 p.m. Lapping the Lot 12:15 p.m. Fall Prevention & BP's w/ Nurse Lesly 12:30 p.m. Cards
15 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	16 9:30 a.m. Light Aerobics 10:30 a.m. Village In Place Bingo 10:45 a.m. Tai Chia 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	17 <u>No Exercise Classes</u> 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Lapping the Lot 12:15 p.m. The Cowboys 12:30 p.m. Cards	18 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. Basic Beginning Line Dance 12:15 p.m. Lapping the Lot 12:30 p.m. Cards	19 <u>No Exercise Classes</u> 10:30 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Manicures w/ Yong 12:30 p.m. Cards

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Mon

Tue

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Fri

22

9:00 a.m. Toning

10:15 p.m. Back Porch Music

10:00 a.m. Zumba Gold

12:15 p.m. Lapping the Lot

12:30 p.m. Cards



23 **COMMODITY BOXES**

9:30 a.m. Light Aerobics

10:45 a.m. Tai Chi

12:15 p.m. Lapping the Lot

12:15 p.m. Blood Pressure Screenings

12:30 p.m. Cards

24

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 pm. Cards

25

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. Blood Pressure Screenings

10:45 a.m. Basic Beginning Line Dance

12:15 p.m. SCP/FGP Program & Games w/ Jackie

26

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. Sept. Birthday Party

12:15 p.m. Bl. Co. Conservation: Colors and Creepy Crawlers

12:30 p.m. Cards

29

9:00 a.m. Toning

10:00 a.m. Zumba Gold

10:30 a.m. Spelling Bee

12:15 p.m. Lapping the Lot

12:30 p.m. Cards

30

9:30 a.m. Light Aerobics

10:30 a.m. Ticket Bingo

10:45 a.m. Tai Chi

12:15 p.m. Lapping the Lot

12:15 p.m. American Heart Assn. Presentation

12:30 p.m. Cards



DAILY ACTIVITIES

Adult Coloring

Computer Room

Exercise Classes

Fitness Room

Lapping the Lot

Multi Purpose Room

COMMODITY BOXES

September 23rd

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.

Calendar subject to change.