

November 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 p.m.

Mon

Tue

Wed

Thu

Fri



DAILY ACTIVITIES

Adult Coloring
Computer Room
Exercise Classes
Fitness Room
Multi Purpose Room
Puzzles

COMMODITY BOXES
November 18th



3
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:15 a.m. Spelling Bee
12:30 p.m. Cards

4
9:30 a.m. Light Aerobics
10:30 a.m. Ticket Bingo
10:45 a.m. Tai Chi
12:15 p.m. Fall Prevention & Balance Screening
12:30 p.m. Cards

5
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 w/ Rich Hagens

6
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. Cornerstone Caregiving Bingo

7 TAIL GATE PARTY
Wear Your Team's Colors!
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. Holiday Manicures
12:1;5: p.m. CIL Smarter Than a 5th Grader



10
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Scattergories
12:30 p.m. Cards

11

9:30 a.m. Light Aerobics
10:30 a.m. Ticket Bingo
10:45 a.m. Tai Chi
12:00 p.m. Patriotic Music by The Cowboys

12
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. Eric Armstrong Concert
12:30 p.m. Cards

13
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. Bl. Co. D&A Drug Trends Part 2



14
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:15 p.m. Lymes Disease
12:30 p.m. Blood Pressure Screening
12:30 p.m. Cards

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Mon	Tue	Wed	Thu	Fri
17 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 p.m. Back Porch Music 	18 9:30 a.m. Light Aerobics 10:30 a.m. Village in Place Bingo 10:45 a.m. Tai Chi 12:15 p.m. Holy Trinity Rehab Health Presentation 12:30 pm. Cards	19 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. Birthday Party 12:15 p.m. Holiday Manicures 12:15 p.m. FGP/SCP Presentation and Game	20 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. Trivia w/ KK 12:30 p.m. Cards	21 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Christmas Wreath Making Class: Bl. Co. Conservation/Lisa Haas (Must Pre-Register) 12:30 p.m. Cards
24 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Thanksgiving Games 12:30 p.m. Cards	25 9:30 a.m. Light Aerobics 10:30 a.m. Penny Bingo 10:45 a.m. Tai Chi 12:15 p.m. BP Screening 12:30 p.m. Cards	26 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Country Store Bingo 12:30 p.m. Cards	27 CLOSED 	28 CLOSED

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.

Schedule subject to change.