

February 2026

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>Groundhog Day</p>	<p>DAILY ACTIVITIES</p> <p>Adult Coloring Computer Room Fitness Room Exercise Classes Multi Purpose Room Puzzles</p> <p>COMMODITY BOXES February 24, 2026</p>	 <p>HAPPY Valentine's DAY</p>		 <p>SUPER BOWL</p>
<p>2 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. CIL: Name That Tune 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>3 9:30 am. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Up & At'em 12:30 p.m. Card</p>	<p>4 WEAR YOUR BLUE!!! 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Yoga 12:00 p.m. Birthday Party 12:00 p.m. DJ Rich Hagens Cabin Fever Blues Dance 12:30 p.m. Cards</p>	<p>5 8:30 a.m. Quilting Club 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 12:15 p.m. Indoor Walking 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support</p>	<p>6 SUPER BOWL PARTY Wear Your Team Colors!! 9:00 a.m. Toning 9:00 a.m. Super Bowl Party 10:00 a.m. Zumba Gold 10:30 a.m. Dime Bingo 12:15 p.m. Bureau of Blindness & Visual Services 12:30 p.m. Cards</p>
<p>9 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>10 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Holy Trinity Rehab 12:30 p.m. Cards</p>	<p>11 Valentine's Party!! WEAR YOUR RED!!! 9:00 a.m. Toning 10:00 a.m. Zumba Gold 11:30 a.m. Nickel Bing  1:00 a.m. Yoga 12:00 p.m. VALENTINE'S DANCE with Phil McCaulley 12:30 p.m. Cards</p>	<p>12 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. FGP/SCP Program & Bingo</p>	<p>13 14 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Matters of the Heart 12:30 p.m. Blood Pressure 12:30 p.m. Valentine's Day Manicures 12:30 p.m. Cards</p>

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Mon	Tue	Wed	Thu	Fri
16 CLOSED  Happy President's Day	17 9:30 a.m. Light Aerobics 10:30 a.m. Village in Place Bingo 12:15 p.m. Indoor Walking 12:15 p.m. The Cowboys 12:30 p.m. Cards	18 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Yoga 12:15 p.m. Indoor Walking 12:15 p.m. Mardi Gras w/ Advantage Home Health 12:30 p.m. Cards	19 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. Karaoke 12:30 p.m. Cards	20 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Indoor Walking 12:15 pm. A4TD Assoc. for Training & Development 12:30 p.m. Cards
23 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 12:15 p.m. Beginner's Square Dancing 	24 COMMODITY BOXES 9:30 a.m. Light Aerobics 10:00 a.m. Ticket Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Blood Pressure Screenings 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. Yoga 12:15 p.m. Country Store Bingo 12:15 p.m. Indoor Walking 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 10:45 a.m. Beginners Line Dance 11:00 a.m. Health Presentation & Blood Pressure Screenings 12:15 p.m. Up & At'm	27 9:00 a.m. Toning 10:00 a.m. Cookies & Cocoa 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Bl. Co. D&A Senior Scams 12:15 p.m. Indoor Walking 2:30 p.m. Cards

For Transportation, please call 814-695-3500.

To RSVP for a meal, please contact the Senior Center
by 1 p.m. **TWO** days in advance.

Lunch is served at 11:30 a.m.
Calendar activities subject to change.