



May 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



DAILY ACTIVITIES
 Adult Coloring
 Computer Room
 Exercise Classes
 Exercise Room
 Multi Purpose Room
 Puzzles
COMMODITY BOXES May 26TH



1
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Dime Bingo
12:00 p.m. Get Moving w/ ProCare & Bingo
 12:15 p.m. Lapping the Lot
 12:30 p.m. Cards

4
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Spelling Bee
12:15 p.m. Lapping the Lot
12:00 p.m. Up & At'em
 12:30 p.m. Cards

5 **Cinco De Mayo**
WEAR YOUR SOMBRERO!
 9:30 a.m. Light Aerobics
10:00 a.m. Cinco De Mayo FUN
10:30 a.m. Ticket Bingo
10:45 a.m. Tai Chi for Arthritis
12:00 p.m. Lift Your Spirits & Your Body
 12:30 p.m. Cards

6
 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
12:00 p.m. Afternoon Dance with Rich Hagens
 12:30 p.m. Cards

7
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
12:00 p.m. Nutrition Education
12:15 p.m. Cooking Class
 12:30 p.m. Cards

8
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:00 p.m. Hernia Program
12:15 p.m. Blood Pressure Screenings
12:15 p.m. Lapping the Lot
 12:30 p.m. Cards

11
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:00 a.m. Entertainment by DJ Tom
12:15 p.m. Lapping the Lot
 12:30 p.m. Cards

12
 9:30 a.m. Light Aerobics
10:00 a.m. Arthritis Awareness Info and Game UPMC
10:30 a.m. Ticket Bingo
12:00 p.m. Up & At'm
12:15 p.m. Lapping the Lot
 12:30 p.m. Cards

13 **RED, WHITE & BLUE DAY**
 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. Dance w/ Phil McCaulley
12:00 p.m. Walmart Vision: Cleaning & Adjustments

14 **NATIONAL DANCE LIKE A CHICKEN 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. Beginners Line Dance
12:00 p.m. Chicken Dance
12:15 p.m. Fraud Bingo

15
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:00 p.m. FGP/SCP Program and Wheel of Fortune
12:00 p.m. Manicures w/ Yong
12:15 p.m. Lapping the Lot
 12:30 p.m. Cards

May 2025

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Mon	Tue	Wed	Thu	Fri
<p>18</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Back Porch Music 12:30 p.m. Cards</p> 	<p>19</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. The Cowboys 12:30 p.m. Cards</p>	<p>20</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. Senior Driving Blair County Sheriff Ott 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>21</p> <p>8:30 a.m. Quilting Club 9:30 a.m. Light Aerobics 9:00 a.m. Brain Games 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'em 12:30 p.m. Cards</p>	<p>22 <u>DRESS PATRIOTIC!</u></p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:00 p.m. Eric Armstrong Country & Gospel Music 12:30 p.m. Card Games</p> 
<p>25 CENTER CLOSED</p> 	<p>26 COMMODITY BOXES</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 10:45 a.m. Tai Chi for Arthritis 12:15 p.m. Lapping the Lot 12:00 p.m. Blood Pressure Screenings 12:30 p.m. Cards</p>	<p>27 National Senior Health & Fitness Day</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. Country Store Bingo 12:30 p.m. Cards</p>	<p>28</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 10:45 a.m. Beginners Line Dance 12:00 p.m. Preparing & Planting Your Garden IRC 12:30 p.m. Cards</p>	<p>29</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Cornerstone Bingo 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>



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 from 11:30 a.m. to 12:00 p.m.

Calendar activities subject to change.

