

October 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
Fitness Room
Multi Purpose Room
Puzzles
COMMODITY BOXES
October 28th



1
8:00 a.m. Quilting Club
9:00 a.m. Brain Games & Pictionary
9:30 a.m. Light Aerobics
10:45 a.m. Basic/Beginning Line Dance
12:15 p.m. Word Challenges
12:30 p.m. Cards

2
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Dime Bingo
12:00 p.m. AmeriHealth: Diabetes Information
12:15 p.m. Indoor Walking
12:30 p.m. Cards

5
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Sing a Long w/ Lee King
12:15 p.m. Indoor Walking
12:30 p.m. Cards

6
9:30 a.m. Light Aerobics
10:30 a.m. Ticket Bingo
12:00 p.m. Karaoke Fun
12:15 p.m. Indoor Walking
12:30 p.m. Cards

7
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. DJ Rich Hagens
12:00 p.m. Walmart Vision: Cleaning & Adjustments

8
8:00 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
12:00 p.m. E. Freedom Fire Dept. - Fire Prevention Week

9 **TAIL GATE PARTY**
Wear Your Team's Colors!
9:00 a.m. Cornhole
10:00 a.m. Tail Gate
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:00 p.m. Breast Cancer Awareness & BP Screenings



12
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:00 a.m. DJ Tom
12:15 p.m. Indoor Walking
12:30 p.m. Cards

13
9:30 a.m. Light Aerobics
10:30 a.m. Ticket Bingo
12:00 p.m. Special Maybrook Bingo
12:15 p.m. Indoor Walking
12:30 p.m. Cards

14
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. Trivia w/ KK
1:00 p.m. Cards

15 **NAT'L WEAR PURPLE DAY!**
8:00 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
12:00 p.m. Word Challenges
12:30 p.m. Cards

16
9:00 a.m. Toning
10:00 a.m. Zumba Gold
10:30 a.m. Penny Bingo
12:15 p.m. Holy Trinity Rehab Presentation
12:15 p.m. Indoor Walking
12:30 p.m. Cards

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Mon	Tue	Wed	Thu	Fri
19 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 p.m. Back Porch Music 12:30 p.m. Cards 	20 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:00 p.m. Blood Pressures Bristol Hospice 12:00 p.m. Halloween Paw Zone Visit 12:15 p.m. Indoor Walking 12:30 p.m. Cards	21 <u>COSTUME PARTY!!</u> 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Halloween Dance with Phil McCaulley 12:30 p.m. Cards 	22 8:00 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 11:00 a.m. Blood Pressures 12:00 p.m. Bl. Co. Drug & Alcohol Red Ribbon Week	23 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:00 p.m. Office of Banking & Securities: AI Scams 12:15 p.m. Indoor Walking 12:15 p.m. Manicures w/ Yong 12:30 p.m. Cards
26 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 p.m. Halloween Scattergories 12:15 p.m. Indoor Walking 12:30 p.m. Cards	27 COMMODITY BOXES 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:00 p.m. Name That Tune 12:15 p.m. Indoor Walking 12:30 p.m. Cards	28 National Senior Health & Fitness Day 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Country Store Bingo 12:30 p.m. Cards	29 8:00 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 11:00 a.m. Health Presentation 12:00 p.m. Spelling Bee	30 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:00 p.m. Eric Armstrong Concert 12:15 p.m. Indoor Walking 12:30 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.