November 2026

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

Karen Kelley, Center Coordinator: 814-317-5181 Open: Monday – Friday 8:30 a.m.-3:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 a.m. Toning 10:00 a.m. Zumba Gold **10:15 a.m. Spelling Bee** **12:15 p.m. Indoor Walking** 12:30 p.m. Cards 	**3** 9:30 a.m. Light Aerobics **10:30 a.m. Bingo** **w/ Mamie** **12:00 p.m. CIL: Fall Harvest Games** **12:15 p.m. Indoor Walking** 12:30 p.m. Cards	**4** 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 w/ Rich Hagens** **12:00 p.m. Walmart Vision Cleaning & Adjustments**	**5** **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 **12:00 p.m. AHA Presentation**	**6 TAIL GATE PARTY** **Wear Your Team's Colors!** 9:00 a.m. Toning **9:00 a.m. Cornhole** **10:00 a.m. Tail Gate** 10:00 a.m. Zumba Go **10:30 a.m. Dime Bingo** **12:00: p.m. AmeriHealth: Asthma** 
9 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	**10** 9:30 a.m. Light Aerobics **10:30 a.m. Ticket Bingo** **12:00 p.m. Medicare Open Enrollment** **12:15 p.m. Indoor Walking** 12:30 p.m. Cards	**11 VETERAN'S 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. Cornerstone Bingo w/ Kayleigh**	**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. Basic/Beginning Line Dance **12:15 p.m. Canoe Creek: Hibernation Habits** 12:30 p.m. Cards	**13 Friday the 13th!** 9:00 a.m. Toning 10:00 a.m. Zumba Gold **10:30 a.m. Penny Bingo** **12:00 p.m. Sheriff Ott: Sex Trafficking in Bl. Co.** 12:30 p.m. Cards
16 9:00 a.m. Toning 10:00 a.m. Zumba Gold **10:00 p.m. Back Porch Music** 12:30 p.m. Cards 	**17 COMMODITY BOXES** 9:30 a.m. Light Aerobics **10:30 a.m. Ticket Bingo** **12:00 p.m. Blood Pressures Bristol Hospice** **12:15 p.m. Indoor Walking** 12:30 pm. Cards	**18** 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** 12:30 p.m. Cards	**19** **8:30 a.m. Quilting Club** 9:30 a.m. Light Aerobics **10:00 a.m. Pictionary** 10:45 a.m. Basic/Beginning Line Dance 12:30 p.m. Cards	**20** 9:00 a.m. Toning 10:00 a.m. Zumba Gold **10:30 a.m. Penny Bingo** **12:00 p.m. Family Services: Senior Scams** **12:15 p.m. Manicures w/ Yong** 12:30 p.m. Cards

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23 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Indoor Walking 12:30 p.m. Cards	24 9:30 a.m. Light Aerobics 10:30 a.m. Ticket Bingo 12:00 p.m. Word Challenges 12:15 p.m. Indoor Walking 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. Chair Yoga 12:00 p.m. Country Store Bingo 12:15 p.m. Indoor Walking 12:30 p.m. Cards	26 CLOSED	27 CLOSED
30 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Scattergories 12:15 p.m. Indoor Walking 12:30 p.m. Cards				





DAILY ACTIVITIES

Adult Coloring
Computer Room
Exercise Classes
Fitness Room
Multi Purpose Room
Puzzles
COMMODITY BOXES 17th



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.

BLAIR SENIOR SERVICES
AREA AGENCY ON AGING

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