

August 2024

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

Karen Kelley, Center Coordinator: 814-317-5181

Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon

Tue

Wed

Thu

Fri

**DAILY ACTIVITIES**

Adult Coloring  
 Computer Room  
 Exercise Classes  
 Fitness Room  
 Lapping the Lot  
 Multi Purpose Room  
**COMMODITY BOXES**  
**August 27th**



1  
**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  
**12:15 p.m. Up & At 'Em**  
**2:00 p.m. Alzheimer's Support Group**

2  
 9:00 a.m. Toning  
 10:00 a.m. Zumba Gold  
**10:30 a.m. Bingo**  
**12:15 p.m. Lapping the Lot**  
**12:15 p.m. The Lost Children of the Alleghenies Presentation**  
 12:30 p.m. Cards

5  
**8:00 a.m. Quilting Club**  
 9:00 a.m. Toning  
 10:00 a.m. Zumba Gold

6  
 9:30 a.m. Light Aerobics  
 10:00 a.m. Pinochle Club  
**10:30 a.m. Bingo**  
**12:15 p.m. Paw Zone Visit**  
**12:15 p.m. Lapping the Lot**  
 12:30 p.m. Cards

7 **50th Anniversary!**  
**The Celebration Continues**  
 9:00 a.m. Toning  
 10:00 a.m. Zumba Gold  
**10:30 a.m. Bingo**  
 11:00 a.m. Chair Yoga  
**12:00 p.m. Afternoon Dance with Rich Hagens**  
**12:15 p.m. 50th Anniversary Prize Drawing**

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  
 12:30 p.m. Cards

9  
 9:00 a.m. Toning  
 10:00 a.m. Zumba Gold  
**10:30 a.m. Bingo**  
 11:00 a.m. Chair Yoga  
 12:30 p.m. Cards

12  
**8:00 a.m. Quilting Club**  
 9:00 a.m. Toning  
 10:00 a.m. Zumba Gold  
**10:00 a.m. Bingo**  
**12:15 p.m. Lapping the Lot**

13  
 9:30 a.m. Light Aerobics  
 10:00 a.m. Pinochle Club  
**10:30 a.m. From the Heart Games**  
**12:15 p.m. Lapping the Lot**  
**12:15 p.m. Outdoor Safety Presentation**  
 12:30 p.m. Cards

14  
 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. Special Bingo**  
**12:15 p.m. Lapping the Lot**  
 12:30 p.m. Cards

15  
**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  
**12:15 p.m. Up & At 'Em**  
 12:30 p.m. Cards

16  
 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. Lapping the Lot**  
**12:15 p.m. D&A Prescription Drugs and Abuse Program**  
 12:30 p.m. Cards

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Mon	Tue	Wed	Thu	Fri
<p>19</p> <p><b>8:00 a.m. Quilting Club</b></p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p><b>10:15 a.m. Back Porch Music</b></p> <p>12:15 p.m. Lapping the Lot</p> 	<p>20</p> <p>9:30 a.m. Light Aerobics</p> <p>9:00 a.m. Pinochle Club</p> <p><b>10:30 a.m. Special Bingo</b></p> <p><b>12:15 p.m. Lapping the Lot</b></p> <p><b>12:15 p.m. Monarch Butterfly Program with the Blair County Conservation District</b></p> <p>12:30 p.m. Cards</p>	<p>21</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p><b>10:30 a.m. Bingo</b></p> <p>11:00 a.m. Chair Yoga</p> <p><b>12:15 p.m. Fraud Bingo</b></p> <p><b>12:15 p.m. Manicures</b></p> <p>12:30 p.m. Cards</p>	<p>22</p> <p><b>8:00 a.m. Quilting Club</b></p> <p><b>9:00 a.m. Brain Games</b></p> <p>9:30 a.m. Light Aerobics</p> <p><b>10:00 a.m. Pictionary</b></p> <p><b>10:45 a.m. Nurse Kelly Health Visit</b></p> <p>10:45 a.m. Basic Beginning Line Dance</p> <p><b>12:15 p.m. Up &amp; At 'Em</b></p> <p><b>12:15 p.m. Because We Can</b></p>	<p>23</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p><b>10:30 a.m. Bingo</b></p> <p>11:00 a.m. Chair Yoga</p> <p><b>12:00 p.m. Aug. Birthday Party</b></p> <p><b>12:15 p.m. Educational Program and Games</b></p> <p>12:30 p.m. Cards</p>
<p>26</p> <p><b>8:00 a.m. Quilting Club</b></p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p><b>12:15 p.m. Lapping the Lot</b></p>	<p>27</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pinochle Club</p> <p><b>10:30 a.m. Bingo</b></p> <p><b>12:15 p.m. Lapping the Lot</b></p> <p><b>12:15 p.m. Blood Pressure Screenings</b></p> <p><b>12:30 p.m. Up &amp; At 'Em</b></p> <p>12:30 p.m. Cards</p>	<p>28</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Gold</p> <p><b>10:30 a.m. Nickel Bingo</b></p> <p>11:00 a.m. Chair Yoga</p> <p><b>12:15 p.m. Country Store Bingo</b></p> <p>12:30 p.m. Cards</p>	<p>29</p> <p><b>8:00 a.m. Quilting Club</b></p> <p><b>9:00 a.m. Brain Games</b></p> <p>9:30 a.m. Light Aerobics</p> <p><b>10:00 a.m. Pictionary</b></p> <p>10:45 a.m. Basic Beginning Line Dance</p> <p><b>12:15 p.m. Trivia</b></p> <p>12:30 p.m. Cards</p>	<p>30</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p><b>10:30 a.m. Bingo</b></p> <p>11:00 a.m. Chair Yoga</p> <p><b>12:00 p.m. 50's Sock Hop Dance &amp; Karaoke with DJ Mike</b></p> <p>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. one day in advance.

