

September 2024

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

Karen Kelley, Center Coordinator: 814-317-5181

New Hours Effective September 9: Monday - Friday from 8:30 a.m. - 3 p.m.




Mon	Tue	Wed	Thu	Fri
<p>2 CLOSED</p> 	<p>3 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Special Bingo 12:30 p.m. Cards</p>	<p>4 <u><i>Dress in your Best Country & Western Attire! It's a Hoot'n Nanny Day!</i></u> 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 Hoot'n Nanny with Rich Hagens 12:30 p.m. Cards</p>	<p>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 12:15 p.m. Stress Reduction and Blood Pressure Screenings 2:00 p.m. Alzheimer's Support</p>	<p>6 <i>TAILGATE PARTY</i> 9:00 a.m. Toning 9:00 a.m. Cornhole 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Healthy Blair County Coalition Presentation 12:30 p.m. Cards</p>
<p>9 8:30 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 12:15 p.m. 30 Second Dance Party 12:30 p.m. Cards</p>	<p>10 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:00 a.m. Vaccine Clinic 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Bladder Health Talk 12:30 p.m. Cards</p>	<p>11 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. Bingo 12:15 p.m. Lapping the Lot 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. Basic Beginning Line Dance 12:15 p.m. Managing Headaches and Migraines Presentation 12:30 p.m. Cards</p>	<p>13 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:00 p.m. Sept. Birthday Party 12:15 p.m. Lapping the Lot 12:15 p.m. Early Heart Attack and Stroke Care Program and Blood Pressure Screenings 12:30 p.m. Cards</p>
<p>16 8:30 a.m. Quilting Club 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 p.m. Back Porch Music 12:15 p.m. Lapping the Lot 12:30 p.m. Sundaes on a Monday 12:30 p.m. Cards</p>	<p>17 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Friends & Family CPR Class 12:30 p.m. Cards</p>	<p>18 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. Karaoke Fun with KK 12:30 p.m. Cards</p>	<p>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. Basic Beginning Line Dance 12:15 p.m. Boost Your Brain Games and BP Screenings 12:30 p.m. Cards</p>	<p>20 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. Christy Shields Meteorology Education 12:30 p.m. Cards</p>

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<p>23 8:30 a.m. Quilting Club 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>24 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:00 a.m. Health Presentation and Games 12:15 p.m. Lapping the Lot 12:15 p.m. Blood Pressure Screenings 12:30 p.m. Cards</p>	<p>25 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. FGP/SCP Presentation and Game 12:30 pm. Cards <u>THERE WILL BE NO COUNTRY STORE BINGO THIS MONTH.</u></p>	<p>26 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 11:00 a.m. Blood Pressure Screenings 10:45 a.m. Basic Beginning Line Dance 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p>	<p>27 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. Manicures 12:30 p.m. Cards</p>
<p>30 8:30 a.m. Quilting Club 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Education Presentation and Games 12:15 p.m. Lapping the Lot 12:15 p.m. Nutrition Education</p>				<p><u>DAILY ACTIVITIES</u> Adult Coloring Computer Room Exercise Classes Fitness Room Lapping the Lot Multi Purpose Room COMMODITY BOXES September 24th</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.

