



October 2024

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

Karen Kelley, Center Coordinator: 814-317-5181

Open: Monday through Friday from 8:30 a.m. - 3:00 p.m.


Mon	Tue	Wed	Thu	Fri
<p><u>DAILY ACTIVITIES</u> Adult Coloring Computer Room Exercise Classes Fitness Room Indoor Walking Multi Purpose Room COMMODITY BOXES October 29th</p>	<p>1 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo w/ Mamie 12:15 p.m. Special Auction 12:30 p.m. Cards</p> 	<p>2 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. Indoor Walking 12:30 p.m. Cards</p>	<p>3 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. PSU Primary Care Importance & BP Screening 2:00 p.m. Alzheimer's Support</p>	<p>4 TAIL GATE PARTY Wear Your Team's Colors! 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. Indoor Walking 12:15 p.m. Birthday Party 12:30 p.m. Cards</p> 
<p>7 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Ears, Nose, Cup 12:30 p.m. Cards</p>	<p>8 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:15 a.m. East Freedom Fire Dept. - Fire Prevention Week 12:15 p.m. Indoor Walking 12:15 p.m. Special Bingo 12:30 p.m. Cards</p>	<p>9 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. Indoor Walking 12:30 p.m. Cards</p>	<p>10 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. Essential Oils for Pain Management & Sleep</p>	<p>11 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Halloween Craft 12:30 p.m. Cards</p>
<p>14 9:00 a.m. Toning 10:00 a.m. Zumba Gold 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>15 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. PennDot Presents Yellow Dot Program 12:30 p.m. Cards</p>	<p>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. Weight Management Program 12:15 p.m. Indoor Walking 12:30 p.m. Cards.</p>	<p>17 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. "Because We Can" Drawing 12:30 p.m. Cards</p>	<p>18 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 P.M. Trivia w/ KK 12:30 P.M. Manicures 12:30 p.m. Cards</p>

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Mon	Tue	Wed	Thu	Fri
21 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 p.m. Back Porch Music 12:15 p.m. Indoor Walking 12:30 p.m. Cards	22 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Blood Pressure Screenings 12:30 p.m. Up & At 'Em 12:30 p.m. Cards	23 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. Diabetes Presentation 12:15 p.m. Indoor Walking 12:30 p.m. Cards	24 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 12:30 p.m. Cards	25 COSTUME CONTEST 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:00 p.m. Halloween Dance & Karaoke with DJ Mike 12:30 p.m. Costume Judging 12:15 p.m. Indoor Walking 12:30 p.m. Cards
28 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Name That Tune 12:15 p.m. Adaptive Gardening with the Master Gardeners 12:15 p.m. Indoor Walking 12:30 p.m. Cards	29 COMMODITY BOXES 9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Special Center Bingo 12:30 p.m. Up & At 'Em 12:15 p.m. Lantern Fly Program 12:15 p.m. Indoor Walking 12:30 p.m. Cards	30 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. Country Store Bingo 12:15 p.m. Indoor Walking 12:30 p.m. Cards	31 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 a.m. Halloween Scattergories	

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.

