

December 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 p.m.

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 Bingo</p> 	<p>3 9:30 a.m. Light Aerobics 10:00 a.m. Pinochle Club 10:30 a.m. Bingo with Mamie 12:15 p.m. Indoor Walking 12:15 p.m. Special Bingo 12:30 p.m. Cards</p>	<p>4 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 12:00 p.m. Vaccine Clinic 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>5 8:00 a.m. Quilting Club 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Basic/Beginning Line Dance 12:15 p.m. Penn Dot: Yellow Dot Program & Mature Driver Safety 2:00 p.m. Alzheimer's Support Group</p>	<p>6 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 12:30p.m. AAHS Jazz Band 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p> 
<p>9 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Name That Tune</p> 	<p>10 9:30 a.m. Light Aerobics 10:00 a.m. Pinochle Club 10:30 a.m. Bow Making Class 12:15 p.m. Special Games 12:15 p.m. Indoor Walking 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. Special Bingo 12:15 p.m. December Birthday Party 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>12 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. FGP/SCP Presentation and Holiday Craft 12:30 p.m. Cards</p>	<p>13 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Importance of Assistive Devices 12:30 p.m. Blood Pressure Screenings 12:30 p.m. Cards</p>
<p>16 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music</p> 	<p>17 9:30 a.m. Light Aerobics 10:00 a.m. Pinochle Club 10:30 a.m. Special Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Nutrition Education 12:30 p.m. Up & Att'em 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 12:00 p.m. Pictures & Visit w/ Santa 12:15 a.m. Foot of Ten Children's Choir</p>	<p>19 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. Weight Management 12:30 p.m. Cards</p>	<p>20 UGLY SWEATER CONTEST 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Hometown Treats 10:30 a.m. Bingo 12:15 p.m. Dan & Galla 50th Anniversary Celebration & Christmas Party</p>

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<p>23</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Cookies & Cocoa 10:30 a.m. Christmas Sing-a-Long with Lee King 12:15 p.m. Indoor Walking</p>	<p>24</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Bingo 10:00 a.m. Pinochle Club 12:15 p.m. Blood Pressure Screenings 12:15 p.m. Christmas Gift Exchange 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>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 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>27</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. A Holiday Visit from Paw Zone 12:15 p.m. Indoor Walking 12:15 p.m. Holiday Manicures 12:30 p.m. Cards</p>
<p>30</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Indoor Walking</p>	<p>31</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Pinochle Club 10:30 a.m. Special Center Bingo 12:15 p.m. Indoor Walking 12:15 p.m. NOON Year's Eve Toast & Karaoke Party 12:30 p.m. Cards</p>		<p>DAILY ACTIVITIES</p> <p>Adult Coloring Computer Room Exercise Classes Fitness Room Multi Purpose Room COMMODITY BOXES December 17th</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.

