

January 2025

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



DAILY ACTIVITIES
 Adult Coloring
 Computer Room
 Exercise Classes
 Fitness Room
 Indoor Walking
 Multi Purpose Room
COMMODITY BOXES 28th



3 TAIL GATE PARTY
WEAR YOUR TEAM COLORS
 9:00 a.m. Toning
9:00 a.m. Corn Hole Contest
 10:00 a.m. Zumba Gold
10:30 a.m. Bingo
12:15 p.m. Identity Theft
 12:30 p.m. Cards



6
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:00 a.m. Bingo
12:15 p.m. Indoor Walking
 12:30 p.m. Cards

7
 9:30 a.m. Light Aerobics
10:00 a.m. Bingo
12:15 p.m. Indoor Walking
12:15 p.m. Seated Exercise Program
 12:30 p.m. Cards

8
8:30 a.m. Tribute to Elvis Presley
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Bingo
 11:00 a.m. Yoga
12:00 p.m. Afternoon Oldies Dance with Rich Hagens
1:00 p.m. Vaccine Clinic

9
8:30 a.m. Quilting Club
9:00 a.m. Brain Games
 9:30 a.m. Light Aerobics
10:00 a.m. Pictionary
12:15 p.m. Indoor Walking
12:15 p.m. Up and At'em
12:30 p.m. Snowball "Battle"
 12:30 p.m. Cards

10
 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. Blood Pressure Screenings and Health Program
 12:30 p.m. Cards

13
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Name That Tune
12:15 p.m. Indoor Walking
 12:30 p.m. Cards

14
 9:30 a.m. Light Aerobics
10:30 a.m. Bingo
12:15 p.m. Indoor Walking
12:15 p.m. Seasonal Depression
 12:30 p.m. Cards

15
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Bingo
 11:00 am. Yoga
12:15 p.m. Bingo
12:15 p.m. Indoor Walking
 12:30 p.m. Cards

16
8:30 a.m. Quilting Club
9:00 a.m. Brain Games
 9:30 a.m. Light Aerobics
10:00 a.m. Pictionary
12:15 p.m. Indoor Walking
12:15 p.m. Overcoming Sciatica Pain
 12:30 p.m. Cards



17
 9:00 a.m. Toning
 10:00 a.m. Zumba Gold
10:30 a.m. Bingo
12:00 p.m. January Birthday Party
12:15 p.m. Indoor Walking
12:15 p.m. Up and At'em
 12:30 p.m. Cards

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

Mon	Tue	Wed	Thu	Fri
20 Center Closed 	21 9:30 a.m. Light Aerobics 10:30 a.m. Special Bingo 12:30 p.m. Cards 12:15 p.m. Indoor Walking 12:15 p.m. Presentation and Games 12:30 p.m. Up & At'em 12:30 p.m. Cards	22 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 11:00 a.m. Yoga 12:15 p.m. FGP/SCP Presentation and Games 12:15 p.m. Indoor Walking 12:30 p.m. Cards	23 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. Health Presentation 12:15 p.m. Indoor Walking 12:30 p.m. Cards	24 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. Logan Township Police Dept.: K-9 Presentation 12:30 p.m. Cards
27 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 	28 Commodity Box 9:30 a.m. Light Aerobics 10:30 a.m. Special Center Bingo 12:15 p.m. Blood Pressure Screenings 12:15 p.m. Up and At'em 12:15 p.m. Indoor Walking 12:30 p.m. Cards	29 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 11:00 a.m. Yoga 12:15 p.m. Country Store Bingo 12:15 p.m. Indoor Walking 12:30 p.m. Cards	30 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 12:15 p.m. PSU Nursing: Stress Reduction & BP Screenings 12:30 p.m. Cards	31 Nat'l Hot Chocolate Day Pajama Party!! 9:00 a.m. Toning 10:00 a.m. Cookies and Cocoa 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Canoe Creek Presents: Bats in Your Belfry

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. Lunch is served at 11:30 a.m.

