






February 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
<p><u>DAILY ACTIVITIES</u> Adult Coloring Computer Room Fitness Room Exercise Classes Multi Purpose Room Indoor Walking COMMODITY BOXES February 25, 2025</p>				
<p>3 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Scattergories 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>4 9:30 am. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Fall Prevention and Balance Screenings 12:30 p.m. Card</p>	<p>5 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 12:15 p.m. Indoor Walking 1:00 p.m. Vaccine Clinic 12:30 p.m. Cards</p>	<p>6 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. Beginners Line Dance 12:15 p.m. CIL Name That Tune 12:15 p.m. Indoor Walking 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support</p>	<p>7 SUPER BOWL PARTY 9:00 a.m. Toning 9:00 a.m. Super Bowl Party and Predictions 9:00 a.m. Corn Hole 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Heart Health Ed. 12:30 p.m. Blood Pressure 12:30 p.m. Cards</p> 
<p>10 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>11 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Medicare Changes: What You Need to Know 12:30 p.m. Cards</p>	<p>12 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. Bingo 12:30 p.m. Manicures 12:30 p.m. Cards</p>	<p>13 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. Beginners Line Dance 12:15 p.m. PSU Nursing: Fall Risks and Home Safety</p>	<p>14 VALENTINE'S DAY WEAR YOUR RED! 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Bingo 12:15 p.m. Valentine's Day Dance w/ DJ Matt 12:30 p.m. Cards</p> 

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<p>17 CLOSED</p>  <p>Happy President's Day</p>	<p>18</p> <p>9:00 a.m. Pinochle Club</p> <p>10:00 a.m. Special Bingo</p> <p>9:30 a.m. Light Aerobics</p> <p>12:15 p.m. Blood Pressure Screenings</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. Up & At'em</p> <p>12:30 p.m. Cards</p>	<p>19</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Bingo</p> <p>11:00 a.m. Yoga</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. Human Trafficking Presentation</p> <p>12:30 p.m. Cards</p>	<p>20</p> <p>8:00 a.m. Quilting Club</p> <p>9:00 a.m. Brain Games</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pictionary</p> <p>10:45 a.m. Beginners Line Dance</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. PSU Nursing: The Importance of Primary Care</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>10:30 a.m. Bingo</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. February Birthday Party</p> <p>12:30 p.m. Karaoke Sing a long</p> <p>12:30 p.m. Cards</p>
<p>24</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:15 a.m. Back Porch Music</p> 	<p>25 COMMODITY BOXES</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Special Center Bingo</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. American Red Cross: Handling Emergencies</p> <p>12:30 p.m. Cards</p>	<p>26</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Bingo</p> <p>11:00 a.m. Yoga</p> <p>12:15 p.m. Country Store Bingo</p> <p>12:15 p.m. Indoor Walking</p> <p>12:30 p.m. Cards</p>	<p>27</p> <p>8:00 a.m. Quilting Club</p> <p>9:00 a.m. Brain Games</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Pictionary</p> <p>10:45 a.m. Beginners Line Dance</p> <p>10:45 a.m. Blood Pressure Screenings</p> <p>12:15 p.m. Because We Can Drawing</p>	<p>28</p> <p>9:00 a.m. Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>12:15 p.m. Indoor Walking</p> <p>12:15 p.m. Trivia with KK</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. Lunch is served at 11:30 a.m.