

March 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 Exercise Classes Fitness Room Indoor Walking Multi Purpose Room COMMODITY BOXES March 25th</p>			
<p>3 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</p>	<p>4 <u>Mardi Gras!!</u> 9:30 a.m. Light Aerobics 10:30 a.m. Mardi Gras Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Nutrition Ed. 12:15 p.m. Understanding Aging Presentation 12:30 p.m. Cards</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 Dance with Rich Hagens 12:15 p.m. Indoor Walking 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. PSU Nursing: Importance of Restful Sleep 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support Group</p>	<p>7 <u>Turn Your Clocks Ahead Sat!</u> 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. Karaoke Sing-a-Long 12:30 p.m. Cards</p>
<p>10 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Blanket 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. St. Patty's Day Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Jeopardy 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 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>13 8:00 a.m. Quilting Club 9:00 a.m. Brain Games 9:00 a.m. Nutrition Education 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:45 a.m. Beginners Line Dance 12:15 p.m. Name That Tune 12:30 p.m. Cards</p>	<p>14 <u>GET YOUR GREEN ON!!</u> 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Nutrition Education & BP Screenings 12:30 p.m. Holiday Manicures 12:30 p.m. Cards</p> 




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Mon	Tue	Wed	Thu	Fri
<p>17 WEAR YOUR GREEN!! </p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 12:15 p.m. St. Patrick's Day Shenanigans & Pots of Gold</p>	<p>18</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Special Bingo 12:15 p.m. Indoor Walking Screenings 12:15 p.m. Symptoms of Aging 12:30 p.m. Cards</p>	<p>19</p> <p>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. AAAHS Jazz Band 12:15 p.m. Indoor Walking 12:30 p.m. Cards</p>	<p>20 <u>FIRST DAY OF SPRING!!</u></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. Beginners Line Dance 12:15 p.m. Blair County Conservation: Making Bird Treats & Caring for Winter Wildlife</p>	<p>21</p> <p>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. March Birthday Party 12:15 p.m. Fraud Bingo</p>
<p>24</p> <p>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>25 COMMODITY BOX</p> <p>9:30 a.m. Light Aerobics 10:30 a.m. Special Center Bingo 12:15 p.m. Indoor Walking 12:15 p.m. Special Bingo 12:30 p.m. Cards</p>	<p>26</p> <p>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 12:30 p.m. Cards</p>	<p>27</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 11:00 a.m. Health Presentation 10:45 a.m. Beginners Line Dance 12:15 p.m. Promoting Health Across the Ages</p>	<p>28</p> <p>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. Alert 1 Medical Alert Device Presentation 12:30 p.m. Cards</p>

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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

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 from 11:30 a.m. until 12:00 p.m. daily.

