


April 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>1 APRIL FOOLS DAY 9:30 a.m. Light Aerobics 10:30 a.m. April Fool's Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Up & At'em 12:30 p.m. Cards</p> | <p>2 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Lapping the Lot 12:30 p.m. Afternoon Dance With Rich Hagens 12:30 p.m. Cards</p> | <p>3 8:30 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. Lapping the Lot 12:30 p.m. Cards 2:00 p.m. Alzheimer's Support Group</p> | <p>4 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Dime Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Stress Management and Self Care Presentation 12:30 p.m. Blood Pressure Screenings 12:30 p.m. Cards</p> |
| <p>7 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:00 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Baker Mansion Hauntings on the Big Screen</p> | <p>8 9:30 a.m. Light Aerobics 10:30 a.m. Easter Fun Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Up & At'em 12:15 p.m. CIL Presentation & Jeopardy 12:30 p.m. Cards</p> | <p>9 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Bingo 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> | <p>10 8:30 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. Lapping the Lot 12:30 p.m. Cards</p> | <p>11 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:00 p.m. Dance with Phil McCaulley (2 lunches) 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> |
| <p>14 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Name That Tune 12:15 p.m. Lapping the Lot 12:15 p.m. Health Education</p> | <p>15 9:30 a.m. Light Aerobics 10:30 a.m. Village in Place Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Easter Egg Coloring 12:30 p.m. Cards</p> | <p>16 9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Hearing Aid Presentation 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> | <p>17 Nat'l Cheese Ball Day 8:30 a.m. Quilting Club 9:00 a.m. Brain Games 9:30 a.m. Light Aerobics 10:00 a.m. Pictionary 10:00 a.m. Brain Games 10:45 a.m. Beginners Line Dance 12:15 p.m. Karaoke Sing-a-Long 12:30 p.m. Cards</p> | <p>18 GOOD FRIDAY CENTER CLOSED</p>  |

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| <p>21</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 12:15 p.m. Lapping the Lot</p> <p>NATIONAL VOLUNTEER WEEK</p> | <p>22</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Blood Pressure Screenings 12:30 p.m. Up & At'em 12:30 p.m. Cards</p> | <p>23</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Volunteer Appreciation Dance with DJ Matt 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> | <p>24</p> <p>8:30 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 11:00 a.m. Blood Pressures 12:15 p.m. Devoted Health Presentation and Bingo 12:30 p.m. Cards</p> | <p>25</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. April Birthday Party 12:15 p.m. Jeopardy 12:30 p.m. Cards</p> |
| <p>28</p> <p>9:00 a.m. Toning 10:00 a.m. Zumba Gold 10:30 a.m. Scattergories 12:15 p.m. Lapping the Lot 12:15 p.m. Up & At'em</p> <p><i>hello spring</i></p> | <p>29</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Special Center Bingo 12:15 p.m. Lapping the Lot 12:15 p.m. Trivia with KK 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. Nickel Bingo 11:00 a.m. Chair Yoga 12:15 p.m. Country Store Bingo 12:15 p.m. Lapping the Lot 12:30 p.m. Cards</p> | <p>DAILY ACTIVITIES</p> <p>Adult Coloring Computer Room Exercise Classes Exercise Room Indoor Walking Multi Purpose Room COMMODITY BOXES April 23rd</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 from 11:30 a.m. until 12:00 p.m. daily.