

August 2019

Southern Blair Senior Center, 15229 Dunnings Highway, East Freedom

Kelly Benton, Center Coordinator: 814-317-5181 Open Monday-Friday from 8:00 a.m. - 4:00 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>FREE Exercise Classes!! Body Sculpting Light Aerobics Yoga Zumba Gold Cardio Circuit Gold</p>	<p>Bring your own laptop, smartphone, or tablet and use our FREE WiFi</p>		<p>9:30 a.m. Light Aerobics 10:30 a.m. Body Sculpting 10:45 p.m. Special Trivia 11:15 a.m. Cardio Circuit 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 1:30 p.m. National Mah-Jong</p>	<p>8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 10:30 a.m. Adult Coloring 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games</p>	<p>11:30 a.m. Zumba Gold</p>
4	5	6	7	8	9	10
<p>8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Entertainment by The Horseshoe Cloggers 11:15 a.m. Yoga 12:30 p.m. Monday Magic Show 1:30 p.m. Mah-jongg</p>	<p>9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:30 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 11:15 a.m. Cardio Circuit 1:00 p.m. LRC Game</p>	<p>8:15 a.m. Zumba Gold 9:15 a.m. Body Sculpting 10:15 a.m. Yoga 10:30 a.m. Nickel Bingo 12:30 p.m. Afternoon Dance with Rich Hagens 1:00 p.m. Afternoon Card Games</p>	<p>9:30 a.m. Light Aerobics 10:00 a.m. Shopping at Ollies/ Lunch at Prime Sirloin 10:30 a.m. Body Sculpting 10:45 a.m. Benefits of Hospice Presentation 11:15 a.m. Cardio Circuit 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p>	<p>8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 10:30 a.m. Adult Coloring 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games</p>	<p>11:30 a.m. Zumba Gold</p>	
Annual Book Exchange						
11	12	13	14	15	16	17
<p>8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:45 a.m. What's On Your Bucket List? - Travel Presentation 11:15 a.m. Yoga 12:30 p.m. Penny Bingo 1:30 p.m. Mah-Jongg</p>	<p>9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:30 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 11:15 a.m. Cardio Circuit 1:00 p.m. LRC Game</p>	<p>8:15 a.m. Zumba Gold 9:15 a.m. Body Sculpting 10:15 a.m. Yoga 10:30 a.m. Nickel Bingo 12:00 p.m. Birthday Cake 1:00 p.m. Afternoon Card Games</p>	<p>9:30 a.m. Light Aerobics 10:00 a.m. Breakfast at Kings/ Shopping at Dollar Tree 10:30 a.m. Body Sculpting 10:30 a.m. Congestive Heart Failure Presentation 11:15 a.m. Cardio Circuit 12:15 p.m. CONTACT Presentation 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p>	<p>8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:00 a.m. Nutrients Education 10:30 a.m. Penny Bingo 10:30 a.m. Adult Coloring 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games</p>	<p>11:30 a.m. Zumba Gold</p>	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19	20	21	22	23	24
	<p>9:00 a.m. to 2:00 p.m. AARP Safe Drivers Course</p> <p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Yoga</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Back Porch Music Entertainment</p> <p>11:15 a.m. Yoga</p> <p>12:30 p.m. Special Bingo</p> <p>1:30 p.m. Mah-Jongg</p>	<p>9:00 a.m. to 2:00 p.m. AARP Safe Drivers Course</p> <p>9:00 a.m. Pinochle</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Crafts with Lori</p> <p>10:30 a.m. Yoga</p> <p>11:15 a.m. Cardio Circuit</p> <p>12:15 p.m. Music by Sam Hess: Hits!</p>	<p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Body Sculpting</p> <p>10:15 a.m. Yoga</p> <p>10:30 a.m. Nickel Bingo</p> <p>12:30 p.m. Afternoon Card Games</p> <p>1:00 p.m. Paint Party with Tina! Please call Kelly to reserve your spot at 814-317-5181.</p>	<p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Shopping at Big Lots and Lunch at the Cracker Barrel</p> <p>10:30 a.m. Body Sculpting</p> <p>11:15 a.m. Cardio Circuit</p> <p>12:15 p.m. Line Dancing for Beginners</p> <p>1:30 p.m. Line Dancing</p>	<p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Yoga</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>10:30 a.m. Adult Coloring</p> <p>11:15 a.m. Yoga</p> <p>12:15 p.m. Music by Rich Dasch</p> <p>12:30 p.m. Afternoon Card Games</p>	<p>11:30 a.m. Zumba Gold</p>
25	26	27	28	29	30	31
	<p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Yoga</p> <p>10:00 a.m. Zumba Gold</p> <p>10:45 a.m. Service Paws of Central PA</p> <p>11:15 a.m. Yoga</p> <p>12:30 p.m. Penny Bingo</p> <p>1:30 p.m. Mah-Jongg</p> <p>National Dog Day! Bring in a picture of your dog!</p>	<p>9:00 a.m. Pinochle</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Yoga</p> <p>10:45 a.m. Music by Larry Lee</p> <p>11:15 a.m. Cardio Circuit</p> <p>1:00 p.m. LRC Game</p> <p>Commodity Box Day 9:00 a.m. to 1:00 p.m.</p>	<p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Body Sculpting</p> <p>10:15 a.m. Yoga</p> <p>10:30 a.m. Nickel Bingo</p> <p>12:30 p.m. Afternoon Card Games</p>	<p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Body Sculpting</p> <p>10:45 a.m. Health Talk with Karee</p> <p>11:15 a.m. Cardio Circuit</p> <p>12:15 p.m. Line Dancing for Beginners</p> <p>12:15 p.m. Music by Bob Onkst</p> <p>1:30 p.m. Line Dancing</p> <p>2:00 p.m. Alzheimer's Support Group</p> <p>Commodity Box Make-Up 12:30 p.m. to 1:30 p.m.</p>	<p>8:15 a.m. Zumba Gold</p> <p>9:15 a.m. Yoga</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>10:30 a.m. Adult Coloring</p> <p>11:15 a.m. Yoga</p> <p>12:30 p.m. Afternoon Card Games</p> <p>6:00 p.m. All Request Night Dance with DJ Mike Willz. Please call Kelly at 814-317-5181 to RSVP.</p>	<p>11:30 a.m. Zumba Gold</p>



BLAIR SENIOR SERVICES

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