





August 2019

Williamsburg Senior Center, 423 West Second Street, Williamsburg

Jamie Houck, Center Coordinator Phone: 814-832-3625

Open: Monday thru Friday from 9 a.m. -2 p.m.



Mon	Tue	Wed	Thu	Fri
 <p>BLAIR SENIOR SERVICES AREA AGENCY ON AGING</p> 	<p>Lunch is served at 11:30 a.m. daily. Please call 832-3625 at least one day before to register.</p> <p>For transportation, please call 814-695-3500.</p>	<p>Daily Activities Include: Puzzles Wii Games Adult Coloring</p>	<p>1 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:30 a.m. Bunco 12:00 p.m. Nickel Bingo</p>	<p>2 8:00 a.m. Body Sculpting 8:45 a.m. Zumba Gold 9:00 a.m. Breakfast at OIP 10:45 a.m. Visit from the Lutheran Church Youth Summer Camp</p>
<p>5 8:00 a.m. Body Sculpting 8:45 a.m. Stability Ball Class 11:15 a.m. Hangman 12:00 p.m. Craft with Lori</p>	<p>6 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:00 a.m. Manicures by Vivid Hair Design 12:00 p.m. Sudoku Puzzles</p>	<p>7 9:30 a.m. Word Search 10:00 a.m. Chair Stretching & Exercises 12:00 p.m. Grocery Bingo</p>	<p>8 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:45 a.m. Musical Entertainment By Kara & Mallory Deters 12:00 p.m. Nickel Bingo</p>	<p>9 8:00 a.m. Body Sculpting 8:45 a.m. Zumba Gold 10:30 a.m. Left-Center-Right 12:00 p.m. Ice Cream Sundaes by Hometown Bank</p>
<p>12 8:00 a.m. Body Sculpting 8:45 a.m. Stability Ball Class 12:00 p.m. Prize Bingo 6:00 p.m. Meet at the Lower Trail Creamery for Ice Cream</p>	<p>13 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:30 a.m. Hospice 101 Presentation 12:00 p.m. Sudoku Puzzles</p>	<p>14 9:30 a.m. Word Search 10:00 a.m. Chair Stretching & Exercises 12:00 p.m. Make & Take a Greeting Card with Angie</p>	<p>15 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:00 a.m. Tie Dye Party: Bring your own shirt to tie dye! 12:00 p.m. Nickel Bingo</p>	<p>16 8:00 a.m. Body Sculpting 8:45 a.m. Zumba Gold 10:00 a.m. Nutrition Education 10:45 a.m. Backyard Chicken Program 12:00 p.m. Crossword Puzzles</p>
<p>19 8:00 a.m. Body Sculpting 8:45 a.m. Stability Ball Class 11:15 a.m. Hangman 12:00 p.m. HOY Bingo</p>	<p>20 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:30 a.m. Bunco 12:00 p.m. Sudoku Puzzles</p>	<p>21 9:30 a.m. Word Search 10:00 a.m. Chair Stretching & Exercises 10:45 a.m. Blood Pressure Screenings 11:00 a.m. Health Presentation</p>	<p>22 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:30 a.m. Uno 12:00 p.m. Nickel Bingo 6:00 p.m. Farm Show Parade Float</p>	<p>23 8:00 a.m. Body Sculpting 8:45 a.m. Zumba Gold 9:00 a.m. Breakfast at OIP 10:30 a.m. Left-Center-Right 12:00 p.m. Crossword Puzzles</p>
<p>26 8:00 a.m. Body Sculpting 8:45 a.m. Stability Ball Class 11:15 a.m. Blurt! 12:00 p.m. Stress Management Presentation 12:15 p.m. Grocery Bingo</p>	<p>27 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 11:30 a.m. Special Lunch: Salad, Pizza & Dessert. \$5 Donation. Sign up by 8/23/19. 12:00 p.m. Sudoku Puzzles Commodity Box Pick Up</p>	<p>28 9:30 a.m. Word Search 10:00 a.m. Chair Stretching & Exercises 12:00 p.m. August Birthday Celebration 12:00 p.m. The Traditional Country Band</p>	<p>29 8:00 a.m. Light Aerobics 8:45 a.m. Zumba Gold 10:30 a.m. Kings in the Corner 12:00 p.m. Nickel Bingo Commodity Box Pick Up</p>	<p>30 8:00 a.m. Body Sculpting 8:45 a.m. Zumba Gold 10:30 a.m. Bunco 12:00 p.m. Root Beer Floats</p>