

February 2020

Southern Blair Senior Center, 15229 Dunnings Highway, East Freedom

Kelly Benton, Center Coordinator: 814-317-5181

Open: Monday through Friday from 8 a.m. - 4 p.m.

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:45 a.m. Special Bingo 11:15 a.m. Yoga DVD</p>	<p>4</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Line Dancing for Beginners 11:00 a.m. Blood Pressure Screening/ Low Vision Presentation 1:00 p.m. Valentine's Day Coaster Craft with Kay</p>	<p>5</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:15 a.m. Yoga DVD 12:30 p.m. Afternoon Dance with Rich Hagens 1:30 p.m. Afternoon Card Games</p>	<p>6</p> <p>9:00 a.m. to 2:00 p.m. AARP Safe Drivers Course 9:30 a.m. Light Aerobics 10:30 a.m. Health Talk with Donna 12:15 p.m. Line Dancing for Beginners 12:15 p.m. Penny Bingo 1:30 p.m. Line Dancing</p>	<p>7</p> <p>9:00 a.m. to 2:00 p.m. AARP Safe Drivers Course 8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:45 a.m. Fire Prevention Presentation 11:15 a.m. Yoga DVD 12:15 p.m. Sub Zero Ice Cream Fun \$3 donation 1:30 p.m. Afternoon Card Games</p>
<p>10</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:45 a.m. Music by Larry Lee 11:15 a.m. Yoga DVD 12:15 p.m. Penny Bingo 1:30 p.m. Paint Pour with Terri Please register with Kelly at 317-5181</p>	<p>11</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:45 a.m. Evey Black Attorneys Pres- entation 10:30 a.m. Line Dancing for Beginners 12:15 p.m. Blood Pressure Screenings</p>	<p>12</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:30 a.m. Nickel Bingo 11:15 a.m. Yoga DVD 12:30 p.m. Games with Sondra 1:30 p.m. Afternoon Card Games</p>	<p>13</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Shopping at Ollies and Lunch at Prime Sirloin 10:30 a.m. Music by Bob and Stephanie Onkst 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 1:30 p.m. LCR Game</p>	<p>14</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga DVD 12:15 p.m. Valentine's Day Dance with DJ Mike Wills</p> <p style="text-align: right;">HAPPY VALENTINE'S DAY!</p>
<p>17</p> <div style="text-align: center;">  <p>Center Closed</p> </div>	<p>18</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Line Dancing for Beginners 10:45 a.m. Caption Call Presentation 12:15 p.m. Special Bingo</p>	<p>19</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:00 a.m. Cabin Fever Casino 10:30 a.m. Nickel Bingo 11:15 a.m. Yoga DVD 12:30 p.m. Afternoon Card Games</p>	<p>20</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Breakfast at Kings and Shopping at Dollar Tree 10:45 a.m. Senior Bullying Presentation 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 1:30 p.m. LCR Game</p>	<p>21</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga DVD 12:30 p.m. Afternoon Card Games</p>

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<p>24</p> <p>9:00 a.m. to 2:00 p.m. AARP Safe Driver's Refresher Course</p> <p>8:00 a.m. Zumba Gold DVD</p> <p>9:00 a.m. Senior Toning</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 DVD</p> <p>12:15 p.m. Penny Bingo</p>	<p>25</p> <p>9:00 a.m. Pinochle Club</p> <p>9:30 a.m. Light Aerobics</p> <p>10:30 a.m. Line Dancing for Beginners</p> <p>10:45 a.m. CBD Presentation</p> <p>1:00 p.m. LCR Game</p> <p style="text-align: center;">*Commodity Box Day*</p>	<p>26</p> <p>8:00 a.m. Zumba Gold DVD</p> <p>9:00 a.m. Senior Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Nickel Bingo</p> <p>11:15 a.m. Yoga DVD</p> <p>12:30 p.m. Afternoon Card Games</p>	<p>27</p> <p>9:30 a.m. Light Aerobics</p> <p>10:00 a.m. Shopping at Big Lots and Lunch at Cracker Barrel</p> <p>12:15 p.m. Line Dancing for Beginners</p> <p>1:30 p.m. Line Dancing</p> <p>1:30 p.m. LCR Game</p> <p style="text-align: center;">*Commodity Box Make-up Day*</p>	<p>28</p> <p>8:00 a.m. Zumba Gold DVD</p> <p>9:00 a.m. Senior Toning</p> <p>10:00 a.m. Zumba Gold</p> <p>10:30 a.m. Penny Bingo</p> <p>11:15 a.m. Yoga DVD</p> <p>12:30 p.m. Afternoon Card Games</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.

