

March 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>2</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. Music Sing-A-Long with Lee King 11:15 a.m. Yoga DVD 12:15 p.m. Special Bingo</p>	<p>3</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/ Kidney Health Talk 1:30 p.m. Karaoke</p>	<p>4</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 12:30 p.m. Afternoon Dance with Rich Hagens 1:30 p.m. Afternoon Card Games</p>	<p>5</p> <p>9:30 a.m. Light Aerobics 10:45 a.m. Sheriff Jim Ott 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p>	<p>6</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 12:30 p.m. Afternoon Card Games</p>
<p>9</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 11:15 a.m. Yoga DVD 12:15 p.m. Special Bingo</p>	<p>10</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 1:00 p.m. St. Patty's Day Coasters with Kay</p>	<p>11</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 2:00 p.m. Learn The Cha Cha with Sherry Lynn! Please call Kelly at 312-5181 to register.</p>	<p>12</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Breakfast at King's and Shopping at Dollar Tree 10:30 a.m. Alzheimer's Presentation 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p>	<p>13</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 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games 5:30 p.m. Dinner Dance with the Sharptones. Please call Kelly to RSVP at 317-5181. \$5 donation.</p>
<p>16</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:15 a.m. Back Porch Music 11:15 a.m. Yoga DVD 12:15 p.m. Visit from the Texas Roadhouse Line Dancers</p>	<p>17</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Line Dancing for Beginners 10:30 a.m. Enjoy Shamrock Shakes! 10:45 a.m. Music by Larry Lee 12:15 p.m. Special Bingo</p> <div style="text-align: center;">  <p><i>Happy St. Patrick's Day</i></p> </div>	<p>18</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 12:30 p.m. Afternoon Card Games</p>	<p>19</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Shopping at Big Lots and Lunch at Cracker Barrel 10:30 a.m. Health Talk with Donna 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p>	<p>20</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 12:30 p.m. Afternoon Card Games</p>

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<p>23</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 11:15 a.m. Yoga DVD 12:15 p.m. Penny Bingo 1:30 p.m. Paint Pour with Terri Please register with Kelly. Space is limited!</p>	<p>24</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Medicare Fraud Prevention Presentation 10:30 a.m. Line Dancing for Beginners 1:30 p.m. LCR Game</p> <p>*Commodity Box Day*</p>	<p>25</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 12:30 p.m. Birthday Cake 12:30 p.m. Afternoon Card Games</p>	<p>26</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Shopping at Gabe's / Lunch at Gourmet Buffet 10:45 a.m. Sleep Awareness Presentation 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing</p> <p>*Commodity Box Make-up Day*</p>	<p>27</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 12:30 p.m. Afternoon Card Games</p>
<p>30</p> <p>9:00 a.m. to 2:00 p.m. AARP Safe Driver's Refresher Course 8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:30 a.m. Music by Bob and Stephanie Onkst 11:15 a.m. Yoga DVD 12:15 p.m. Penny Bingo</p>	<p>31</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. Where to Start with Selling Your Home Presentation 1:30 p.m. LCR Game</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.



BLAIR SENIOR SERVICES

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