

# November 2019

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



Bring your own laptop, smartphone, or tablet and use our FREE WiFi

Free Exercise Classes!

Senior Toning  
Zumba Gold  
Light Aerobics

1  
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

4  
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. Christian Music Video Sing-a-long  
11:15 a.m. Yoga DVD  
12:30 p.m. Special Bingo

5  
9:00 a.m. Pinochle Club  
9:30 a.m. Light Aerobics  
10:30 a.m. Adult Coloring  
10:30 a.m. Line Dancing for Beginners  
11:00 a.m. Blood Pressure Screenings  
11:00 a.m. Immunization and Flu Season Presentation  
12:30 p.m. Medicare Presentation  
1:30 p.m. LRC Game

6  
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. Nickel Bingo  
12:30 p.m. Afternoon Dance with Rich Hagens  
1:30 p.m. Afternoon Card Games

7  
9:00 a.m. Make Apple Dumplings!  
9:30 a.m. Light Aerobics  
10:00 a.m. Breakfast at Bob Evan's and Shopping at Gabe's  
10:45 a.m. Altoona Center for Nursing Care Presentation  
12:15 p.m. Line Dancing for Beginners  
1:30 p.m. Line Dancing  
1:30 p.m. LRC Game

8  
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  
6:00 p.m.- 8:00 p.m. Good Times Gospel and Oldies Band. Please call Kelly to register at 814-317-5181.

11  
8:00 a.m. Zumba Gold DVD  
8:30 a.m. Pancake Breakfast for our Veterans  
9:00 a.m. Senior Toning  
10:00 a.m. Zumba Gold  
11:15 a.m. Yoga DVD  
1:30 p.m. Paint Pouring with Terri

12  
9:00 a.m. to 2:00 p.m. AARP Safe Drivers Refresher Course  
9:00 a.m. Pinochle Club  
9:30 a.m. Light Aerobics  
10:30 a.m. Adult Coloring  
10:30 a.m. Line Dancing for Beginners  
11:00 a.m. Blood Pressure Screening  
1:00 p.m. Fall Coasters with Kay  
1:30 p.m. LRC Game

13  
8:00 a.m. Zumba Gold DVD  
9:00 a.m. Senior Toning  
10:00 a.m. Zumba Gold  
11:00 a.m. Special Bingo  
12:30 p.m. Afternoon Card Games  
1:00 p.m. Texas Roadhouse Line Dancers

14  
9:30 a.m. Light Aerobics  
10:00 a.m. Breakfast at Denny's and Shopping at the Dollar Tree  
10:45 a.m. Music by Larry Lee  
12:15 p.m. Line Dancing for Beginners  
12:30 p.m. Birthday Party  
1:30 p.m. Line Dancing  
1:30 p.m. LRC Game


15  
8:00 a.m. Zumba Gold DVD  
9:00 a.m. Senior Toning  
10:00 a.m. Zumba Gold  
10:45a.m. Special Fraud Bingo  
11:15 a.m. Yoga DVD  
12:30 p.m. Afternoon Card Games

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Mon	Tue	Wed	Thu	Fri
<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. Back Porch Music Entertainment 11:15 a.m. Yoga DVD 12:30 p.m. Special Bingo</p>	<p>19</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Adult Coloring 11:00 a.m. Health Talk with Crystal 10:30 a.m. Line Dancing for Beginners 12:15 p.m. Special Bingo</p> <p style="text-align: center;">* Commodity Box Day *</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. Nickel Bingo 10:45 a.m. Holiday Make and Take Essential Oil Roller Blends (\$5) 12:30 p.m. Afternoon Card Games</p>	<p>21</p> <p>9:30 a.m. Light Aerobics 10:00 a.m. Rocky Gap Trip - Please call Ken Lingenfelter at 814-931-9247 for more information! 10:45 a.m. Identity Theft Presentation 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 1:30 p.m. LRC Game</p> <p style="text-align: center;">* Commodity Box Make-up Day *</p>	<p>22</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. Music by Rich Dasch 1:00 p.m. Afternoon Card Games</p>
<p>25</p> <p>8:00 a.m. Zumba Gold DVD 9:00 a.m. Senior Toning 10:00 a.m. Zumba Gold 10:45 a.m. Visit from the Dairy Princess: Cheese Making Process 11:15 a.m. Yoga DVD 12:15 p.m. Music by Bob Onkst</p>	<p>26</p> <p>9:00 a.m. Pinochle Club 9:30 a.m. Light Aerobics 10:30 a.m. Adult Coloring 10:00 a.m. Hot Apple Cider Social 10:30 a.m. Line Dancing for Beginners 11:45 a.m. Sam Hess: Classic Rock and Roll</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. Nickel Bingo 12:30 p.m. Afternoon Card Games</p>	<p>28</p> <p style="font-size: 2em; color: #c00000;"><i>Closed</i></p>  <p style="font-size: 2em; color: #c00000;"><i>Happy</i> <b>THANKSGIVING</b></p>	<p>29</p> <p style="font-size: 2em; color: #c00000;"><i>Closed</i></p>



[www.blairsenior.org](http://www.blairsenior.org)

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.

