

March 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 Tai Chi for Arthritis Yoga Zumba Gold</p>	<p>Bring your own laptop, smartphone, or tablet and use our <u>FREE WiFi!</u></p>			<p>1 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:30 Afternoon Card Games</p>	<p>2 11:00 a.m. Zumba Gold</p>
<p>3</p>	<p>4 8:15 a.m. Zumba Gold DVD 9:00 a.m. - 2:00 p.m. AARP Safe Driver Refresher Course 9:15 a.m. Yoga DVD 10:00 a.m. Zumba Gold 11:15 a.m. Yoga DVD 12:30 p.m. Penny Bingo 1:30 p.m. Mah-Jongg</p>	<p>5 9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:30 a.m. Yoga 10:30 a.m. Sleep and Nutrition...Vital Roles in Good Health Presentation 1:30 p.m. Tai Chi for Arthritis for Beginners</p>	<p>6 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 12:30 p.m. Afternoon Card Games</p>	<p>7 9:30 a.m. Light Aerobics 10:30 a.m. Body Sculpting 11:00 a.m. Special Trivia 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 2:00 p.m. Smartphone Q&A</p>	<p>8 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Shopping at Ollies and lunch at Prime Sirloin 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:30 Afternoon Card Games</p>	<p>9 11:00 a.m. Zumba Gold</p>
<p>10</p>	<p>11 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 11:15 a.m. Yoga 12:30 p.m. Penny Bingo 1:30 p.m. Mah-Jongg</p>	<p>12 9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:30 a.m. Yoga 10:30 a.m. Back Porch Music Entertainment 11:15 a.m. Blood Pressure Screenings 12:15 p.m. Special Bingo 1:30 p.m. Tai Chi for Arthritis for Beginners</p>	<p>13 8:15 a.m. Zumba Gold 9:15 a.m. Body Sculpting 10:15 a.m. Yoga 10:30 a.m. Nickel Bingo 12:15 p.m. Heart Awareness Presentation 12:30 p.m. Afternoon Card Games CENTER CLOSING AT 3:30 p.m.</p>	<p>14 9:30 a.m. Light Aerobics 10:00 a.m. Shopping at the Dollar Tree and Lunch at the Olive Garden 10:30 a.m. Body Sculpting 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 2:00 p.m. Smartphone Q&A</p>	<p>15 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games 5:00 p.m. St. Patty's All Request Night with DJ Mike Wills. Join us for Dinner and Dancing!</p>	<p>16 11:00 a.m. Zumba Gold</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 	18 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 p.m. Penny Bingo 11:15 a.m. Yoga 12:15 p.m. Music By Bob Onkst 1:30 p.m. Mah-Jongg	19 9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:00 a.m. Rocky Gap Trip 10:30 a.m. Yoga 10:30 a.m. Fort Roberdeau Presentation 12:15 p.m. Crafts with Kay 1:30 p.m. Tai Chi for Arthritis for Beginners	20 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 and 50/50 12:30 p.m. Afternoon Card Games	21 9:30 a.m. Light Aerobics 10:30 a.m. Body Sculpting 10:30 a.m. Craft Time 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 2:00 p.m. Smartphone Q&A	22 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:15 p.m. Afternoon Entertainment with Rich Dasch 1:30 p.m. Afternoon Card Games	23 11:00 a.m. Zumba Gold
24	25 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 11:15 a.m. Yoga 12:30 p.m. Special Bingo 1:00 p.m. Tile Coaster Workshop (\$6 fee) 1:30 p.m. Mah-Jongg	26 9:00 a.m. Pinochle 9:30 a.m. Light Aerobics 10:30 a.m. Yoga 10:30 a.m. Indoor Walking Presentation 1:30 p.m. Tai Chi for Arthritis for Beginners COMMODITY BOX PICK UP DAY	27 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 Card Games	28 9:30 a.m. Light Aerobics 10:00 a.m. Breakfast at Cracker Barrel and Shopping at Walmart 10:30 a.m. Body Sculpting 12:15 p.m. Line Dancing for Beginners 1:30 p.m. Line Dancing 2:00 p.m. Smartphone Q&A COMMODITY BOX MAKE-UP DAY	29 8:15 a.m. Zumba Gold 9:15 a.m. Yoga 10:00 a.m. Zumba Gold 10:30 a.m. Penny Bingo 11:15 a.m. Yoga 12:30 p.m. Afternoon Card Games	30 11:00 a.m. Zumba Gold

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