



April 2024

Northern Blair Senior Center, 55 3rd St., Tyrone

Tina Fultz, Center Coordinator: 814-684-7853

Open: Monday through Friday from 8



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Music Jam Session</p>	<p>2</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Online Jeopardy</p> <p>12:30 p.m. Flavored Coffee Social</p>	<p>3</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Favorite Music Video Viewing Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>1:00 p.m. Mahjong / Learn Mahjong</p>	<p>4</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Craft Activity (2)</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Paint Party (Please call 814-684-7853 to register).</p> <p>12:30 p.m. Flavored Coffee Social</p>	<p>5</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>
<p>8</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>10:00 a.m. PA Dept. of Revenue Property Tax Rebate Help</p> <p>10:30 a.m. Kip Woodring in Concert</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Music Jam Session</p> <p>1:00 p.m. PA Dept. of Revenue Property Tax Rebate Help</p> <p>2:30 p.m. Solar Eclipse Viewing Party</p>	<p>9</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Flavored Coffee Social</p> <p>12:30 p.m. Health Presentation</p>	<p>10</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Quarter Bingo</p> <p>1:00 p.m. Mahjong / Learn Mahjong</p>	<p>11</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Potato Chip Trivia and Facts</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Phil McCaulley in Concert</p> <p>12:30 p.m. Flavored Coffee Social</p>	<p>12</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>
<p>15</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Music Jam Session</p>	<p>16</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>11:00 a.m. Blood Pressure Screenings</p> <p>12:30 p.m. Flavored Coffee Social</p> <p>12:30 p.m. Healthy Spring Activities for Seniors</p>	<p>17</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Volunteer Appreciation Day Celebration with Entertainment by "Dan and Gala Musical Show"</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>1:00 p.m. Mahjong / Learn Mahjong</p>	<p>18</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Craft Activity (2)</p> <p>10:30 a.m. Country Cool Concert</p> <p>12:30 p.m. Stroke Awareness Presentation</p> <p>12:30 p.m. Flavored Coffee Social</p>	<p>19</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Hearing Presentation</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>



April 2024

Northern Blair Senior Center, 55 3rd St., Tyrone

Tina Fultz, Center Coordinator: 814-684-7853

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



Happy Easter

Mon	Tue	Wed	Thu	Fri
<p>22 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. Music Jam Session</p> <p>Vintage</p>	<p>23 9:00 Commodity Box Pick-up 11:00 a.m. Craft Activity 11:00 a.m. Vaccine Clinic 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Flavored Coffee Social 12:30 p.m. Technology Class</p> <p>Album/Record</p>	<p>24 9:00 a.m. Balance Strength and Tone 11:00 a.m. Karaoke and Homemade Donuts 11:00 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break 1:00 p.m. Mahjong / Learn Mahjong</p>	<p>25 9:30 a.m. Senior Chair Yoga 11:00 a.m. Music and Dancing with DJ Tina 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Music Bingo 12:30 p.m. Flavored Coffee Social</p> <p>Week!!!!</p>	<p>26 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>29 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. April Birthday Party 12:30 p.m. Music Jam Session</p>	<p>30 11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Online Jeopardy 12:30 p.m. Flavored Coffee Social</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.

