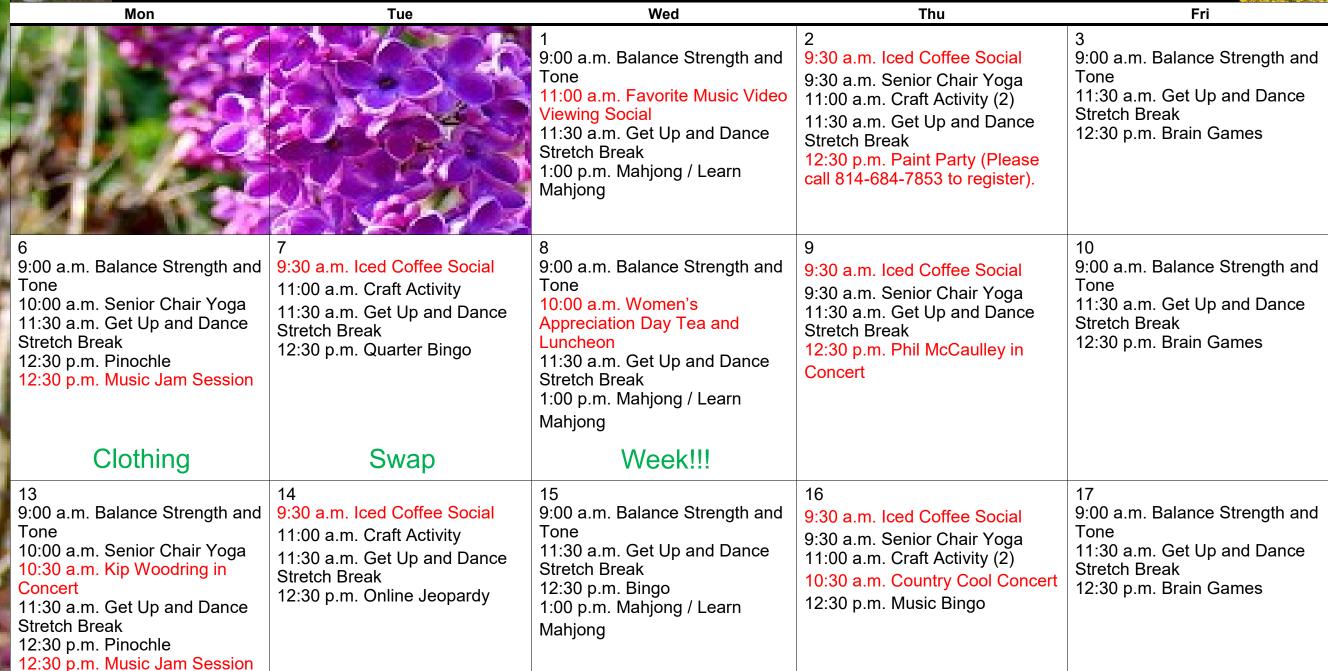


May 2024

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.





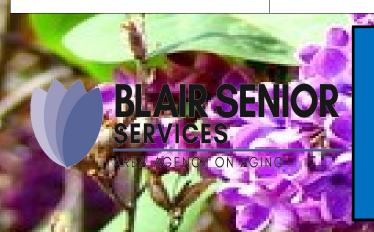
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THANK YOU!				
Mon	Tue	Wed	Thu	Fri
9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. Music Jam Session	9:30 a.m. Iced Coffee Social 11:00 a.m. Craft Activity 11:00 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Spring Allergy Season	9:00 a.m. Balance Strength and Tone 11:00 a.m. Online Jeopardy 11:30 a.m. Get Up and Dance Stretch Break 1:00 p.m. Mahjong / Learn Mahjong	9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke and Homemade Donuts 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Candy Trivia	9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games
MEMORIAL DAY	9:30 a.m. Iced Coffee Social 9:00 a.m. Commodity Box Pick-up Day 11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. May Birthday Party	9:00 a.m. Balance Strength and Tone 11:00 a.m. Music and Dancing with DJ Tina 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Problem Gambling Presentation 1:00 p.m. Mahjong / Learn	9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 11:00 a.m. Senior Healthcare Event	31 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games



For Transportation, please call 814-695-3500.

Mahjong

To RSVP for a meal, please contact the Senior Center by 1 p.m. one day in advance.

