

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.



Mon Tue Wed Thu Fri



1
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Favorite Music Video Viewing Social
 11:30 a.m. Get Up and Dance Stretch Break
 1:00 p.m. Mahjong / Learn Mahjong

2
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:00 a.m. Craft Activity (2)
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Paint Party (Please call 814-684-7853 to register).

3
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Brain Games

6
 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

Clothing

7
 9:30 a.m. Iced Coffee Social
 11:00 a.m. Craft Activity
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Quarter Bingo

Swap

8
 9:00 a.m. Balance Strength and Tone
 10:00 a.m. Women's Appreciation Day Tea and Luncheon
 11:30 a.m. Get Up and Dance Stretch Break
 1:00 p.m. Mahjong / Learn Mahjong

Week!!!

9
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Phil McCaulley in Concert

10
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Brain Games

13
 9:00 a.m. Balance Strength and Tone
 10:00 a.m. Senior Chair Yoga
 10:30 a.m. Kip Woodring in Concert
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Pinochle
 12:30 p.m. Music Jam Session

14
 9:30 a.m. Iced Coffee Social
 11:00 a.m. Craft Activity
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Online Jeopardy

15
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Bingo
 1:00 p.m. Mahjong / Learn Mahjong

16
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:00 a.m. Craft Activity (2)
 10:30 a.m. Country Cool Concert
 12:30 p.m. Music Bingo

17
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance Stretch Break
 12:30 p.m. Brain Games




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Mon	Tue	Wed	Thu	Fri
20 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	21 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	22 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	23 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	24 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games
27 	28 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	29 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 Mahjong	30 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



BLAIR SENIOR SERVICES

AREA AGENCY ON AGING

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.

