
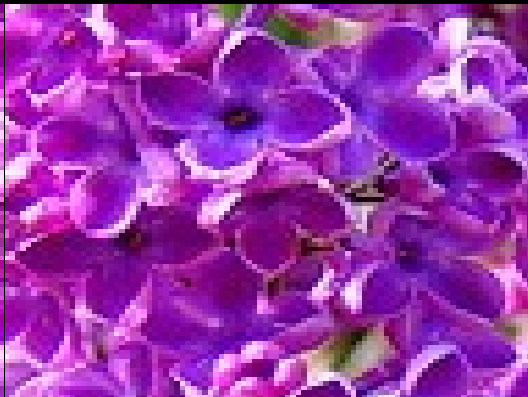





May 2025
Northern Blair Senior Center, 505 3rd St., Tyrone
Tina Fultz, Center Coordinator: 814-684-7853
Open: Monday through Friday from 8:30 a.m. - 3:00 p.m.

Mon	Tue	Wed	Thu	Fri
			<div>1 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Eric Armstrong Concert 11:30 a.m. Get Up and Dance Stretch Break</div>	<div>2 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. Kentucky Derby Social 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</div>
<div>5 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:00 a.m. Cinco De Mayo Party 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle</div>	<div>6 9:30 a.m. Iced Coffee Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Geriatric Mental Health Presentation</div>	<div>7 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. Diamond Dot Social 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong</div>	<div>8 9:30 a.m. Senior Chair Yoga 10:00 a.m. National Women's Appreciation Day Tea and Luncheon 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Phil McCaulley in Concert</div>	<div>9 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. How to Make a Water Lily Bowl Project 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</div>
<div>12 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 10:30 a.m. Kip Woodring in Concert 11:00 a.m. Pinochle 12:30 p.m. Pinochle 10:30 p.m. Center Plant Social and Houseplant Swap - International Plant Health Day</div>	<div>13 9:30 a.m. Iced Coffee Social 10:00 a.m. "Donut Day" Donut Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Quarter Bingo</div>	<div>14 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong</div>	<div>15 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 11:30 a.m. Get Up and Dance Stretch Break</div>	<div>16 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</div>

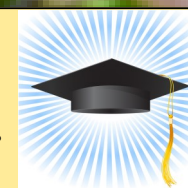



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Mon	Tue	Wed	Thu	Fri
19 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. May Birthday Party	20 9:30 a.m. Iced Coffee Social 11:30 a.m. Blood Pressure Screenings 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. The Pollinators" Documentary Viewing	21 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Bingo	22 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke Sing-A-Long 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Vintage Board Game Social	23 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games
26  Center Closed	27 9:30 a.m. Iced Coffee Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:30 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break	28 National Senior Health and Fitness Day 8:00 a.m. Walk in Reservoir Park (Weather Permitting) 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:00 p.m. How to Get More Protein in your Diet 12:30 p.m. Healthy Smoothies Social	29 9:30 a.m. Iced Coffee Social 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 1:30 p.m. Learn to play Texas Hold'em	30 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 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.



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