



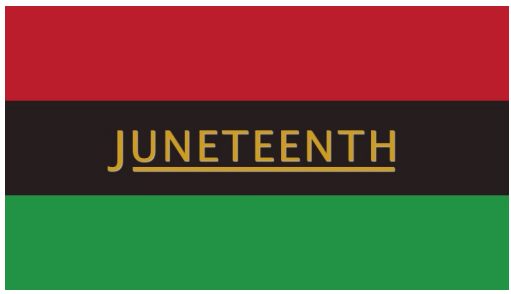
June 2025

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 |
|--|---|---|---|--|
| 2 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle | 3 9:30 a.m. Iced Coffee Social 9:30 a.m. Line Dancing Class 10:30 a.m. Tie Dye Party 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. American Red Cross Emergency Preparedness Training Program | 4 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 12:30 p.m. Geriatric Mental Health Presentation | 5 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 10:30 a.m. Blood Pressure Screening 11:00 a.m. Eric Armstrong Concert 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Second Quarter Nutrition Education | 6 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. First Friday Happy Hour with Mocktails 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games |
| 9 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 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle | 10 9:30 a.m. Iced Coffee Social 9:30 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. National Iced Tea Day Tea Social | 11 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 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 | 13 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. Make your own Water Lilly Bowl 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games |
| 16 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle | 17 9:30 a.m. Iced Coffee Social 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 11:30 a.m. Blood Pressure Screenings 12:30 p.m. Microgreens for Health Presentation | 18 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 | 19  Center Closed | 20 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 10:30 a.m. Men's Appreciation Day Western Theme Party with Country Cool in Concert 12:30 p.m. National Camping Month Smores Social First Day of Summer!! |



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| 23 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle | 24 9:30 a.m. Iced Coffee Social 9:30 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. Alzheimer Awareness Presentation: Facts and Myths | 25 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 | 26 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. Blair County Emergency Planning Presentation | 27 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 |
| 30 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. June Birthday Party | | | | |



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.

