



August 2025
Northern Blair Senior Center, 505 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
				<div>1</div> <div>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 Game</div>
<div>4</div> <div>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</div>	<div>5</div> <div>9:30 a.m. Iced Coffee Social 9:30 a.m. Line Dancing Class 10:00 a.m. "Donut Day" Donut Social 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break</div>	<div>6</div> <div>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>7</div> <div>9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Eric Armstrong Concert 10:30 a.m. Blood Pressure Screening 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Advantage Health Care Presentation</div>	<div>8</div> <div>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 Game</div>
<div>11</div> <div>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</div>	<div>12</div> <div>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. How Physical Therapy can help with Urinary Incontinence</div>	<div>13</div> <div>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>14</div> <div>9:30 a.m. Flavored 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</div>	<div>15</div> <div>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 Game</div>

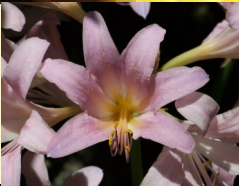


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Mon	Tue	Wed	Thu	Fri
18 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle	19 9:30 a.m. Iced Coffee Social 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 11:30 a.m. Blood Pressure Screenings	20 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	21 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	22 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 Game
25 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. August Birthday Party	26 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	27 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong	28 70'S DAY 9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. 70's Day Music and Dancing with DJ Tina 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. BCC presents "Turtle Talk"	29 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 Game



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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