



September 2025

Northern Blair Senior Center 505 3rd Street, Tyrone PA 16686

Tina Fultz, Center Coordinator: 814-684-7853

New Hours Effective September 9: Monday - Friday from 8:30 a.m. - 3 p.m.







Mon	Tue	Wed	Thu	Fri
1 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	2 9:30 a.m. Iced Coffee Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Craft Activity (Cont.)	3 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	4 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	5 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00a.m. Carnival Day 12:30 p.m. Pinochle  
8 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	9 9:30 a.m. Iced Coffee Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Craft Activity (Cont.) 12:30 p.m. How Physical Therapy can help with Urinary Incontinence	10 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Pinochle 12:30 p.m. Geriatric Depression Screening National Suicide Prevention Day	11 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 10:30 a.m. Painting Class 12:30 p.m. Phil McCaulley in Concert	12 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:30 p.m. Pinochle 12:30 p.m. Brain Game
15 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	16 9:30 a.m. Iced Coffee Social 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Craft Activity (Cont.) 11:30 a.m. Blood Pressure Screenings 12:30 p.m. Foster Grandparent / Senior Companion Presentation and Activity	17 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. Karaoke Sing-A-Long 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Pinochle	18 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 12:30 p.m. Left right Center Game National Cheeseburger Day! 	19 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:30 p.m. Flavored Milkshake Social 12:30 p.m. Brain Game 12:30 p.m. Pinochle



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Mon	Tue	Wed	Thu	Fri
<div>22</div> <div>9:00 a.m. Balance Strength and Tone</div> <div>10:00 a.m. Senior Chair Yoga</div> <div>11:00 a.m. Pinochle</div> <div>11:30 a.m. Get Up and Dance</div> <div>Stretch Break</div> <div>12:30 p.m. Pinochle</div> <div></div>	<div>23</div> <div>9:30 a.m. Iced Coffee Social</div> <div>10:00 a.m. Line Dancing Class</div> <div>10:30 a.m. Craft Activity</div> <div>12:30 p.m. Craft Activity (Cont.)</div> <div>12:30 p.m. Quarter Bingo</div>	<div>24</div> <div>9:00 a.m. Balance Strength and Tone</div> <div>11:00 a.m. Pinochle</div> <div>11:30 a.m. Get Up and Dance</div> <div>Stretch Break</div> <div>12:00 p.m. Mahjong / Learn Mahjong</div> <div>12:30 p.m. Pinochle</div>	<div>25</div> <div>9:30 a.m. Iced Coffee Social</div> <div>9:30 a.m. Senior Chair Yoga</div> <div>11:00 a.m. 50's Day Dance and Party with DJ Tina</div> <div>12:30 p.m. Ice Cream Soda Social</div> <div></div>	<div>26</div> <div>9:00 a.m. Balance Strength and Tone</div> <div>11:00 a.m. Pinochle</div> <div>12:30 p.m. Brain Game</div> <div>12:30 p.m. Pinochle</div>
<div>29</div> <div>9:00 a.m. Balance Strength and Tone</div> <div>10:00 a.m. Senior Chair Yoga</div> <div>11:00 a.m. Pinochle</div> <div>11:30 a.m. Get Up and Dance</div> <div>Stretch Break</div> <div>12:30 p.m. Pinochle</div> <div>12:30 p.m. August Birthday Party</div>	<div>30</div> <div>9:30 a.m. Iced Coffee Social</div> <div>10:00 a.m. Line Dancing Class</div> <div>10:30 a.m. Craft Activity</div> <div>12:30 p.m. Craft Activity (Cont.)</div> <div>12:30 p.m. Understanding Medicare Presentation</div>			



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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