



October 2024

Northern Blair Senior Center, 505 3rd St., Tyrone, PA

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
		1 9:00 a.m. Balance Strength and Tone 10:30 a.m. International Coffee Day Special Coffee Social 11:00 a.m. Pinochle 11:00 a.m. Diamond Dot Social 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Pinochle	2 9:30 a.m. Senior Chair Yoga 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Eric Armstrong Concert 12:30 p.m. Flavored Coffee Social	3 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 12:30 p.m. Pinochle
6 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	7 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (Cont.) 12:30 p.m. How Physical Therapy can help with Urinary Incontinence 12:30 p.m. Craft Activity (Cont.)	8 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. Pinochle	9 9:30 a.m. Senior Chair Yoga 10:30 a.m. Bunco Game 12:30 p.m. Flavored Coffee Social 12:30 p.m. Phil McCaulley in Concert	10 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 12:30 p.m. Pinochle
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 11:00 a.m. Pinochle 12:30 p.m. Pinochle	14 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (Cont.)	15 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. Pinochle	16 9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 12:30 p.m. Left right Center Game 12:30 p.m. Flavored Coffee Social	17 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 12:30 p.m. Pinochle



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20 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	21 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:30 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (Cont.)	22 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	23 9:30 a.m. Senior Chair Yoga 11:00 a.m. Music and Dancing with "DJ Tina" 12:30 p.m. Flavored Coffee Social 12:30 a.m. Bunco Game	24 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 12:30 p.m. Pinochle
27 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. October Birthday Party	28 10:00 a.m. Line Dancing Class 10:30 a.m. Craft Activity 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (Cont.)	29 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. National Stroke Awareness Day Presentation 12:30 p.m. Pinochle	30 9:30 a.m. Senior Chair Yoga 11:00 a.m. Halloween Party with Entertainment by "Dan and Galla Musical Show" 12:30 p.m. Flavored Coffee Social   	31 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 12:30 p.m. Pinochle  Happy Halloween!



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.

