

May 2026

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.



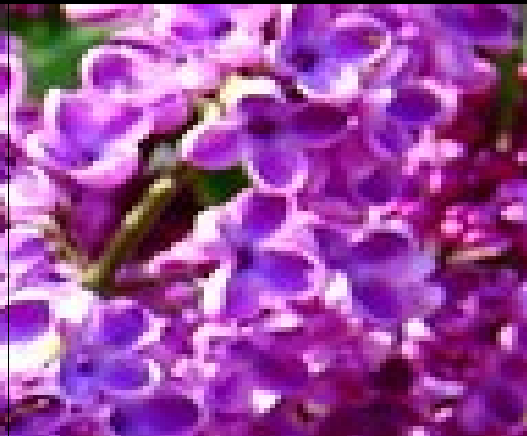
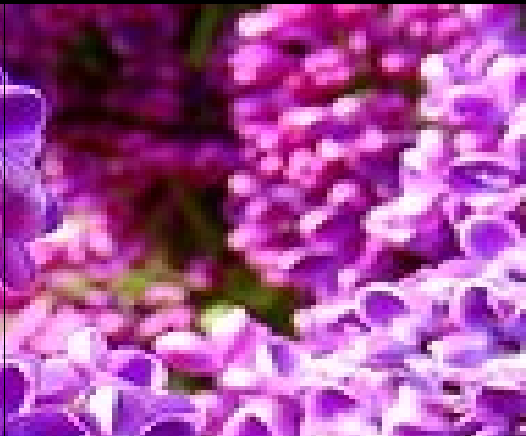
Mon

Tue

Wed

Thu

Fri



1
 8:30 a.m. Friday Music Jam
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Pinochle
 11:30 a.m. Get Up and Dance
 Stretch Break
Make your own Holiday Winner! "National Banana Day"
 12:30 p.m. Banana Split Social
Wear Yellow Day!

4
 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

5
 9:30 a.m. Line Dancing Class
 9:30 a.m. Iced Coffee Social
 10:30 a.m. Craft Activity
 12:30 p.m. Quarter Bingo

6
 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. May Birthday Party

7
 9:30 a.m. Senior Chair Yoga
 9:30 a.m. Iced Coffee Social
 10:30 a.m. Blood Pressure Screenings
 11:00 a.m. Eric Armstrong
 12:30 p.m. Second Quarter Nutrition Education

8
 8:30 a.m. Friday Music Jam
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Pinochle
 11:30 a.m. Get Up and Dance
 Stretch Break

11
 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. NAMI presents Mental Health and Older Adults Presentation

12
 9:30 a.m. Line Dancing Class
 9:30 a.m. Iced Coffee Social
 10:30 a.m. Craft Activity
 10:30 a.m. Blood Pressure Screenings
 12:30 p.m. Craft Activity (cont.)

13
 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

14
 9:30 a.m. Senior Chair Yoga
 9:30 a.m. Iced Coffee Social
 11:00 a.m. Women's Appreciation Day Tea
 12:30 p.m. Phil McCaulley in Concert



15
 8:30 a.m. Friday Music Jam
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Pinochle
Make Your Own Holiday Winner "Fond Memories Day" Bring in your Scrapbooks/Photo Albums, Yearbooks
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Trivia Game



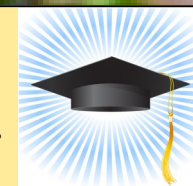
THANK YOU!


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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. Line Dancing Class 9:30 a.m. Iced Coffee Social 10:30 a.m. Craft Activity 12:30 p.m. Quarter Bingo	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 12:30 p.m. AHA Presents Life's Essential 8	21 9:30 a.m. Senior Chair Yoga 9:30 a.m. Iced Coffee Social 10:30 a.m. Country Cool Concert 12:30 p.m. HNA Flurry of Wellness	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. Trivia Game
25  Center Closed	26 9:00 Commodity Box Pick-up 9:30 a.m. Line Dancing Class 9:30 a.m. Iced Coffee Social 10:30 a.m. Craft Activity 12:30 p.m. Craft Activity (cont.)	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 12:30 p.m. Line Dancing Demonstration Class National Senior Health and Fitness Day!!!!	28 9:30 a.m. Senior Chair Yoga 9:30 a.m. Iced Coffee Social 11:00 a.m. Karaoke Sing-A-Long 12:30 p.m. Artistic Journaling	29 8:30 a.m. Friday Music Jam 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 11:00 a.m. Make Your Own Holiday Winner - "Tuesdays" Play Music and write down Memories that the song brings back/Refreshments 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Trivia Game



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.

