



October 2026

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 9:30 a.m. Senior Chair Yoga 10:30 a.m. Blood Pressure Screenings 11:00 a.m. Eric Armstrong 12:30 p.m. Flavored Coffee Social	2 8:30 a.m. Friday Music Jam 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:30 p.m. National Smile Day Comedy Video Social
5 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Pinochle 12:30 p.m. Pinochle	6 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:00 a.m. Pinochle 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (cont.) 12:30 p.m. Estate Planning 101	7 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:00 noon Mahjong / Learn Mahjong 12:30 p.m. October Birthday Party	8 9:30 a.m. Senior Chair Yoga 11:00 a.m. Nutritional and Health Benefits of Mushrooms (Virtual) 12:30 p.m. Phil McCaulley in Concert 12:30 p.m. Flavored Coffee Social	9 8:30 a.m. Friday Music Jam 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:30 p.m. Trivia Game
12 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:00 a.m. Kip Woodring in Concert 11:00 a.m. Pinochle 12:30 p.m. Pinochle	13 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:00 a.m. Pinochle 12:30 p.m. Flavored Coffee Social 12:30 p.m. Quarter Bingo	14 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:00 noon Mahjong / Learn Mahjong 12:30 p.m. Presentation by Clarity Care Coordinators	15 9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 12:30 a.m. Artistic Journaling Beginner Class 12:30 p.m. Flavored Coffee Social	16 8:30 a.m. Friday Music Jam 9:00 a.m. Balance Strength and Tone 11:00 a.m. Pinochle 12:30 p.m. Trivia Game



October 2026

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

Tina Fultz, Center Coordinator: 814-684-7853

Open: Monday through Friday from 8:30a.m. - 3:00 p.m.



Mon	Tue	Wed	Thu	Fri
19 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	20 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:00 a.m. Pinochle 11:00 a.m. Tai Chi for Arthritis 12:30 p.m. Flavored Coffee Social 12:30 p.m. Craft Activity (cont.)	21 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 noon Mahjong / Learn Mahjong 12:30 p.m. Canoe Creek State Park presents "Bird Feeding 101"	22 9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke Sing-A-Long 12:30 p.m. Flavored Coffee Social 12:30 p.m. PA Department of Banking and Securities presents: AI Scams Presentation	23 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 12:30 p.m. Trivia Game
26 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. "National Pumpkin Day" Pumpkin Decorating Group Craft	27 9:00 a.m. Commodity Box Pickup 9:30 a.m. Line Dancing Class 10:30 a.m. Craft Activity 11:00 a.m. Pinochle 11:00 a.m. Tai Chi for Arthritis 12:30 p.m. Flavored Coffee Social 12:30 p.m. Quarter Bingo	28 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 noon Mahjong / Learn Mahjong	29 9:30 a.m. Senior Chair Yoga 11:00 a.m. Halloween Party with entertainment by "Dan and Gala" 12:30 p.m. Flavored Coffee Social 12:30 p.m. Halloween Trivia   	30 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 12:30 p.m. Trivia 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.

