

## March 2020

**Northern Blair Senior Center, 505 Third 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**


<p>2 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports <a href="#">11:00 a.m. Kip Woodring Concert</a> 12:30 p.m. Pinochle Group</p>	<p>3 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social <a href="#">12:30 p.m. 50's-70's Pop Trivia/ Understanding Medicare Dual Choice Plans</a></p>	<p>4 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. VIP Bingo</p>	<p>5 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Trip to Logan Towne Center 11:30 a.m. Flavored Coffee Social <a href="#">12:30 p.m. Paint Party (Call to Register)</a></p>	<p>6 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>9 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Pinochle Group</p>	<p>10 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga <a href="#">11:00 Rustic Carrot Craft Activity (Call 684-7853 to register)</a> 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social 12:45 p.m. Family Feud Game</p>	<p>11 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports <a href="#">11:00 a.m. Rustic Easter Bunny Craft (Call 684-7853 to register)</a> <a href="#">12:30 p.m. Quarter Bingo</a></p>	<p>12 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga <a href="#">10:30 a.m. Phil McCaulley in Concert</a> 12:30 p.m. Flavored Coffee Social 12:45 p.m. Name That Tune Game</p>	<p>13 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session <a href="#">1:00 p.m. Easter Bunny Peeps Craft (Call to register)</a></p>
<p>16 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strength and Tone 9:00 a.m. AARP Safe Driving Refresher Course 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 12:30 p.m. Pinochle Group 12:30 p.m. Nutrition Tips for a Healthier You</p>	<p>17 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 10:30 a.m. Entertainment by Bill Ross, Jr. 12:30 p.m. Flavored Coffee Social <a href="#">1:00 p.m. Easter Bunny Gnome Craft (Call 684-7853 to register)</a></p>	<p>18 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports <a href="#">11:00 a.m. St. Patrick's Day Party With Entertainment by "Dan and Gala" (Call 684-7853 to Register)</a> 12:30 p.m. SL Bingo</p>	<p>19 9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga <a href="#">10:30 a.m. Country Cool Concert</a> 12:30 p.m. Flavored Coffee Social 1:00 p.m. Family Fued Game</p>	<p>20 8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning <a href="#">11:00 a.m.. Karaoke Sing-A-Long with Homemade Donuts Party</a> 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>

March 2020

Northern Blair Senior Center, 505 Third 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
<p>23</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Pinochle Group 12:45 p.m. Family Feud Game</p>	<p>24</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Mason Jars on Wood Painting Craft 12:30 p.m. Flavored Coffee Social 12:30 p.m. PA Department of Health Presentation "Opioid Epidemic "  * Commodity Box Pickup *</p>	<p>25</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 1:00 p.m. CPR Training Course (Call To Register)</p>	<p>26</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Music and Dancing with "DJ Tina" 12:30 p.m. Flavored Coffee Social 12:30 p.m. Healthy Kidneys, What You Need to Know 1:00 p.m. Acrylic Pour Class</p>	<p>27</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>30</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Balance, Strengthen and Tone 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Pinochle Group 12:30 p.m. March Birthday Party</p>	<p>31</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Trip to Logan Valley Mall 12:30 p.m. Flavored Coffee Social 12:45 p.m. Family Feud Game</p>			



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.

