

August 2024

Northern Blair Senior Center, 505 3rd 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



1
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:00 a.m. Craft Activity (2)
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Paint Party (Please call 814-684-7853 to register).

2
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Brain Games

5
 9:00 a.m. Balance Strength and Tone
 10:00 a.m. Senior Chair Yoga
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Pinochle
 12:30 p.m. Music Jam Session

6
 9:30 a.m. Iced Coffee Social
 11:00 a.m. Craft Activity
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Healthy Blair County Coalition Presentation

7
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Diamond Dot Social
 11:30 a.m. Get Up and Dance and Stretch Break
 12:30 p.m. Intro to Line Dancing/Beginners Line Dancing
 1:00 p.m. Mahjong / Learn

8
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Phil McCaulley in Concert

9
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Brain Games

12
 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
 12:30 p.m. Pinochle
 12:30 p.m. Music Jam Session

13
 9:30 a.m. Iced Coffee Social
 11:00 a.m. Craft Activity
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Medicare Fraud Prevention
 12:30 p.m. The Importance of Brain Health Presentation

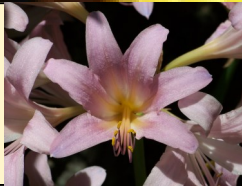
14
 9:00 a.m. Balance Strength and Tone
 11:00 a.m. Tiny Keepsakes Crafts with Dee
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Intro to Line Dancing/Beginners Line Dancing
 1:00 p.m. Mahjong / Learn

15
 9:30 a.m. Iced Coffee Social
 9:30 a.m. Senior Chair Yoga
 11:00 a.m. Craft Activity (2)
 10:30 a.m. Country Cool Concert
 12:30 p.m. Heart Health at Home Presentation

16
 9:00 a.m. Balance Strength and Tone
 11:30 a.m. Get Up and Dance
 Stretch Break
 12:30 p.m. Brain Games



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Mon	Tue	Wed	Thu	Fri
19 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. Music Jam Session	20 9:30 a.m. Iced Coffee Social 11:00 a.m. Craft Activity 11:00 Blood Pressure Screening 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Staying Healthy in the Heat Presentation	21 9:00 a.m. Balance Strength and Tone 11:00 a.m. Carnival Day!! Games, Food, and Fun!!! Celebrating 50th Anniversary of Blair Senior Services! 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Bingo 1:00 p.m. Mahjong / Learn Mahjong	22 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke Sing-A-Long 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Intro to Line Dancing - Beginners Line Dancing	23 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games
26 9:00 a.m. Balance Strength and Tone 10:00 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Pinochle 12:30 p.m. Music Jam Session 12:30 p.m. August Birthday Party	27 9:30 a.m. Iced Coffee 11:00 a.m. Blood Pressure Screening 11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Intro to Line Dancing - Beginners Line Dancing	28 9:00 a.m. Balance Strength and Tone 11:00 a.m. Diamond Dot Social 11:30 a.m. Get Up and Dance Stretch Break 1:00 p.m. Mahjong / Learn Mahjong	29 9:30 a.m. Iced Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Music and Dancing with DJ Tina 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Candy Trivia	30 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games



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.

