



September 2024

Northern Blair Senior Center 505 3rd Street, Tyrone PA 16686

Tina Fultz, Center Coordinator: 814-684-7853

New Hours Effective September 9: Monday - Friday from 8:30 a.m. - 3 p.m.



Mon	Tue	Wed	Thu	Fri
<p>2</p> 	<p>3</p> <p>11:00 a.m. Craft Room Cleanup 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Labor Day Trivia 12:30 a.m. Flavored Coffee Social</p> <p>** No Line Dancing Classes Today.</p>	<p>4</p> <p>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 12:00 p.m. Mahjong / Learn Mahjong</p>	<p>5</p> <p>9:30 a.m. Senior Chair Yoga 11:00 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Stress Reduction Presentation 12:30 p.m. Flavored Coffee Social National Cheese Pizza Day</p>	<p>6</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Crafting Social 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>9</p> <p>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</p>	<p>10</p> <p>11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 a.m. Flavored Coffee Social 1:00 p.m. Intro / Beginners Line Dancing</p>	<p>11</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Tiny Keepsakes and Thrifty Scrapbooking Crafts with Dee 11:30 a.m. Get Up and Dance and Stretch Break 12:00 p.m. Mahjong / Learn Mahjong</p>	<p>12</p> <p>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 12:30 p.m. Flavored Coffee Social</p>	<p>13</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Crafting Social—Center Decorations 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games</p>
<p>16</p> <p>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</p>	<p>17</p> <p>11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. The Importance of Brain Health Presentation 12:30 a.m. Flavored Coffee Social 1:00 p.m. Intro / Beginners Line Dancing National Country Music Day</p>	<p>18</p> <p>9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. SL Bingo 12:00 p.m. Mahjong / Learn Mahjong</p> <p>National Cheeseburger Day</p>	<p>19</p> <p>9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 12:30 p.m. Flavored Coffee Social 12:30 Pirate Fun Facts Trivia</p> <p>Talk Like a Pirate Day!</p> 	<p>20</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. 50's Day Party with Music by DJ Tina 11:00 a.m. Celebrating Blair Senior Services 50th Anniversary! 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games</p>

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23 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	24 11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Flavored Coffee Social 1:00 p.m. Intro / Beginners Line Dancing	25 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Nutrition Education - Healthy Drink Choices 12:00 p.m. Mahjong / Learn Mahjong	26 9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke Sing-A-Long 11:30 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Eat for Health and Drink Water Presentation	27 9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Crafting Social 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games

30 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. September Birthday Party National Chewing Gum Day Chewing Gum Contest
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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.

