

October 2024

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  
 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. Beginners Line Dancing

2  
 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

3  
 9:30 a.m. Senior Chair Yoga  
 11:00 a.m. Eric Jackson Concert  
 11:30 a.m. Get Up and Dance and Stretch Break  
 12:30 p.m. Stroke Awareness Presentation  
 1:00 p.m. The Importance of Primary Care Prevention and Vaccinations

4  
 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

7  
 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

8  
 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. Beginners Line Dancing

9  
 9:00 a.m. Balance Strength and Tone  
 11:00 a.m. Tiny Keepsakes Crafts/Thrift Scrapbooking with Dee  
 12:00 p.m. Mahjong / Learn Mahjong  
 12:30 p.m. Blair County Conservation District - Fall Wreath Making Workshop

10  
 9:30 a.m. Senior Chair Yoga  
 11 a.m. - 12 p.m. Vaccine Clinic (Computer Room Closed)  
 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

11  
 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

14  
 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

15  
 11:00 a.m. Craft Activity  
 11:30 a.m. Get Up and Dance  
 Stretch Break  
 11:30 a.m. Blood Pressure Screenings  
 12:30 a.m. Flavored Coffee Social  
 1:00 p.m. Beginners Line Dancing

16  
 9:00 a.m. Balance Strength and Tone  
 11:30 a.m. Get Up and Dance  
 Stretch Break  
 12:00 p.m. Mahjong / Learn Mahjong  
 12:30 p.m. Bingo

17  
 9:30 a.m. Senior Chair Yoga  
 10:30 a.m. Country Cool Concert  
 12:30 a.m. Flavored Coffee Social  
 12:30 p.m. National Depression Awareness Month - Geriatric Depression Scale

18  
 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




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Mon	Tue	Wed	Thu	Fri
<p>21 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</p>	<p>22 11:00 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 11:00 a.m. Blood Pressure Screenings 12:30 a.m. Flavored Coffee Social 1:00 p.m. Beginners Line Dancing</p>	<p>23 9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance and Stretch Break 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Assistive Devices - Why and When to Use Them</p>	<p>24 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. Flavored Coffee Social</p>	<p>25 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>28 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. October Birthday Party</p>	<p>29 9:00 a.m. Commodity Box Pick-up 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. Beginners Line Dancing</p>	<p>30 9:00 a.m. Balance Strength and Tone 11:00 a.m. Halloween Party with Entertainment by Dan and Gala Musical Show and Costume Contest 11:30 a.m. Get Up and Dance and Stretch Break 12:00 p.m. Mahjong / Learn Mahjong</p>	<p>31 9:30 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 a.m. Flavored Coffee Social 12:30 p.m. Quarter Bingo</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.

