



December 2024

Northern Blair Senior Center, 55 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
<p>2</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p>	<p>3</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Holiday Mental Health - Helping with the Holiday Blues</p>	<p>4</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Diamond Dot Social</p> <p>11:30 a.m. Get Up and Dance and Stretch Break</p> <p>12:30 p.m. Preparing for Cold and Flu Season</p>	<p>5</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Eric Armstrong Concert and Vaccine Clinic</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Center Tree Decorating Social</p>	<p>6</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Open Crafting Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>
<p>9</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>10:30 a.m. Kip Woodring in Concert</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p>	<p>10</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. 4th Quarter Nutrition Education</p>	<p>11</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:30 a.m. Get Up and Dance and Stretch Break</p> <p>12:30 p.m. Foster Grandparent and Senior Companion Volunteer Program Christmas Craft Activity</p> <p>1:00 p.m. Mahjong / Learn Mahjong</p>	<p>12</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>11:00 a.m. - 12:00 p.m. Vaccine Clinic</p> <p>12:30 p.m. Phil McCaulley in Concert</p>	<p>13</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Hot Cocoa Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p> <p>“National Hot Cocoa Day”</p>
<p>16</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:15 a.m. Christmas Party Week Celebration Start-Off</p> <p>Dance with Senior Yoga</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p>	<p>17</p> <p>9:00 a.m. Commodity box Pick up</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>11:30 a.m. Blood Pressure Screenings</p>	<p>18</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Christmas Party with entertainment by the Dan and Gala Musical Show</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Bingo</p> <p>1:00 p.m. Mahjong / Learn Mahjong</p>	<p>19</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>10:30 a.m. Country Cool Concert</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Christmas Country Store</p>	<p>20</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Christmas Piano Social and Ugly Christmas Sweater Contest</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p> <p>“National Ugly Sweater Day”</p>



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<p>23</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Pinochle</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p>	<p>24</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:00 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Christmas Trivia</p>	<p>25</p>  <p>Center Closed</p>	<p>26</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Karaoke Sing-A-Long</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Flavored Coffee Social</p>	<p>27</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>11:00 a.m. Open Crafting Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>
<p>30</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Senior Chair Yoga</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p> <p>12:30 p.m. Educational Presentation with NAMI</p> <p>12:30 p.m. December Birthday Party</p>	<p>31</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>11:00 New Year's Eve Party with Music by "DJ Tina"</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>11:30 a.m. Blood Pressure Screenings</p> <p>11:45 a.m. Countdown to Noon Year's Eve</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.

