



January 2025

Northern Blair Senior Center, 505 Third Street in Tyrone

Tina Fultz, Center Coordinator: 814-684-7853

Open: Monday through Friday from 8 a.m. - 4 p.m.

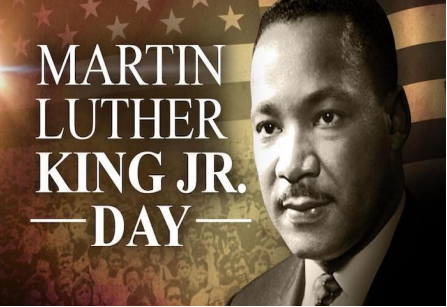
Mon	Tue	Wed	Thu	Fri
		<p>1</p>  <p>Center Closed</p>	<p>2</p> <p>9:30 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 11:00 a.m. New Years Resolution Activity 12:30 a.m. Flavored Coffee Social</p>	<p>3</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Cards, Games and Crafting Social 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games</p>
<p>6</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</p>	<p>7</p> <p>10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 a.m. Flavored Coffee Social 12:30 "Final Expenses: How Much Should you Pay"</p>	<p>8</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 12:30 p.m. Advantage Health Presentation</p>	<p>9</p> <p>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. Phil McCaulley in Concert</p>	<p>10</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Cards, Games and Crafting Social 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games</p>
<p>13</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. Blair County Drug and Alcohol presents: Grandparents 360 Program</p>	<p>14</p> <p>11:30 a.m. Get Up and Dance Stretch Break 11:30 a.m. Blood Pressure Screenings 12:30 a.m. Flavored Coffee Social 1:30 p.m. Music Trivia</p>	<p>15</p> <p>9:00 a.m. Balance Strength and Tone 10:00 a.m. National Bagel Day Bagel Social 11:30 a.m. Get Up and Dance 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. Bingo</p>	<p>16</p> <p>9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 11:30 a.m. Get Up and Dance Stretch Break 12:30 a.m. Flavored Coffee Social</p>	<p>17</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Cards, Games and Crafting Social 11:30 a.m. Get Up and Dance and Stretch Break 12:30 p.m. Brain Games</p>

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<p>20</p>  <p>MARTIN LUTHER KING JR. — DAY —</p> <p>Center Closed</p>	<p>21</p> <p>10:30 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</p>	<p>22</p> <p>9:00 a.m. Balance Strength and Tone 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Quarter Bingo 12:00 p.m. Mahjong / Learn Mahjong</p>	<p>23</p> <p>9:30 a.m. Senior Chair Yoga 11:00 a.m. Karaoke Sing-Along 11:30 a.m. Get Up and Dance Stretch Break 12:30 a.m. Flavored Coffee Social</p>	<p>24</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Games and Crafting Social 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>27</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. January Birthday Party</p>	<p>28</p> <p>9:00 a.m. Commodity Box Pick-up 9:30 a.m. Flavored Coffee Social 11:00 a.m. Pajama Party/Music and Dancing with DJ Tina 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Hot Chocolate and Popcorn Social with Movie</p>	<p>29</p> <p>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. Guess the Cutest Baby Photo Contest</p>	<p>30</p> <p>9:30 a.m. Senior Chair Yoga 11:00 a.m. Craft Activity 11:00 a.m. Blood Pressure Screenings 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Stress Reduction for Health 12:30 a.m. Flavored Coffee</p>	<p>31</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Games and Crafting Social 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</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.

