




# February 2025

Northern Blair Senior Center, 505 Third St, Tyrone

Tina Fultz, Center Coordinator: 814-684-7853

Open: Monday through Friday from 8:30a.m. - 3:00 p.m.



Mon	Tue	Wed	Thu	Fri
<p>3</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>4</p> <p>9:30 a.m. Flavored Coffee Social 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Medicare Changes in 2025</p>	<p>5</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 Stretch Break 12:00 p.m. Mahjong / Learn Mahjong</p>	<p>6</p> <p>9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Stress Reduction Tips</p>	<p>7</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Card, Games and Crafting Social 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>10</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</p>	<p>11</p> <p>9:30 a.m. Flavored Coffee Social 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Health Presentation and Bingo</p>	<p>12</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</p>	<p>13</p> <p>9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 11:00 a.m. Valentines Day Party 12:30 p.m. Phil McCaulley in Concert</p> <p><b>Wear Red Day!</b></p>	<p>14</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Card, Games and Crafting Social 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>17</p>  <p>Center Closed</p>	<p>18</p> <p>9:30 a.m. Flavored Coffee Social 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 11:30 a.m. Blood Pressure Screenings</p>	<p>19</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. Bingo</p>	<p>20</p> <p>9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 10:30 a.m. Country Cool Concert 11:30 a.m. Get Up and Dance Stretch Break</p>	<p>21</p> <p>9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby, Card, Games and Crafting Social 11:30 a.m. Get Up and Dance Stretch Break 12:30 p.m. Brain Games</p>





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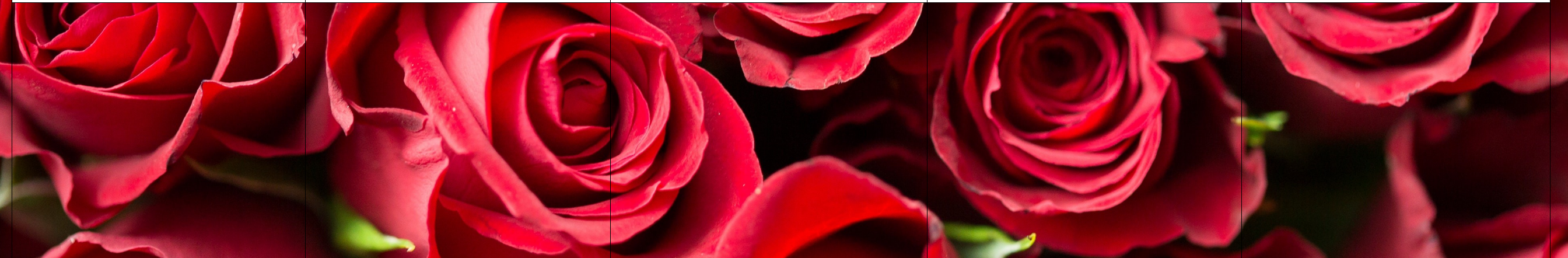
Northern Blair Senior Center, 505 Third St, Tyrone

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Mon	Tue	Wed	Thu	Fri
24 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. February Birthday Party	25 9:00 a.m. Commodity Box Pick-up 9:30 a.m. Flavored Coffee Social 10:30 a.m. Craft Activity 11:30 a.m. Get Up and Dance Stretch Break 11:30 a.m. Blood Pressure Screenings	26 9:00 a.m. Balance Strength and Tone 11:00 a.m. Karaoke Sing-Along 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong	27 9:30 a.m. Flavored Coffee Social 9:30 a.m. Senior Chair Yoga 11:30 a.m. Get Up and Dance Stretch Break	28 9:00 a.m. Balance Strength and Tone 11:00 a.m. Open Hobby Card, Games and Crafting Social 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.

