



March 2025

Northern Blair Senior Center, 505 Third 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>3</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>4</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>10:30 a.m. Craft Activity</p> <p>11:00 a.m. Mardi Gras Party</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Family Services Human Trafficking Presentation</p>	<p>5</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:00 a.m. Diamond Dot Social</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:00 p.m. Mahjong / Learn Mahjong</p>	<p>6</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Vaccine Clinic</p> <p>11:00 a.m. Eric Armstrong Concert</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p>	<p>7</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:00 a.m. Music and Dancing with DJ Tina</p> <p>11:30 a.m. Get up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>
<p>10</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>11</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>10:30 a.m. Craft Activity</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Quarter Bingo</p>	<p>12</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:00 p.m. Mahjong / Learn Mahjong</p> <p>12:30 p.m. Diabetes Jeopardy Presentation</p>	<p>13</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>9:30 a.m. Senior Chair Yoga</p> <p>11:00 a.m. Vaccine Clinic</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Phil McCaulley in Concert</p>	<p>14</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:00 a.m. St. Patrick's Day Party with Dan and Galla Musical Show</p> <p>11:30 a.m. Get up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p> <p><i>Tyrone Heritage Weekend</i></p>
<p>17</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. "The Mulligans" St. Patrick's Day Concert</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Pinochle</p> <p>Wear Green Day!! </p>	<p>18</p> <p>9:30 a.m. Flavored Coffee Social</p> <p>10:30 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>12:30 p.m. Medical Alert Systems Presentation</p>	<p>19</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:00 a.m. 1st Quarter Nutrition Education</p> <p>11:30 a.m. Get Up and Dance</p> <p>Stretch Break</p> <p>12:00 p.m. Mahjong / Learn Mahjong</p> <p>12:30 p.m. Bingo</p>	<p>20</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>21</p> <p>9:00 a.m. Balance Strength and Tone</p> <p>10:00 a.m. Pinochle</p> <p>11:00 a.m. Vintage Board Game Social</p> <p>11:30 a.m. Get up and Dance</p> <p>Stretch Break</p> <p>12:30 p.m. Brain Games</p>

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Mon	Tue	Wed	Thu	Fri
<p>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</p>	<p>25 9:00 a.m. Commodity Box Pick-up 9:30 a.m. Flavored Coffee Social 10:00 a.m. Pinochle 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>26 9:00 a.m. Balance Strength and Tone 10:00 a.m. Pinochle 10:00 a.m. Bagel Social 11:00 a.m. Karaoke sing-A-Long 11:30 a.m. Get Up and Dance Stretch Break 12:00 p.m. Mahjong / Learn Mahjong 12:30 p.m. PAWZONE</p>	<p>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 12:30 p.m. Boost Your Brain and Brain Activities</p>	<p>28 9:00 a.m. Balance Strength and Tone 10:00 a.m. Pinochle 11:00 a.m. Open Hobby, Cards, Games and Crafting Social 11:30 a.m. Get up and Dance Stretch Break 12:30 p.m. Brain Games</p>
<p>31 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. March Birthday Party</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.

