

August 2019

Northern Blair Senior Center, 505 3rd Street, Tyrone

Tina Fultz, Center Coordinator: 814-684-7853

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>DAILY ACTIVITIES INCLUDE:</u></p> <p>Wii Sports Computer Room Billiards Darts Exercise Room</p>	<p><i>Lunch is served daily at 12 noon.</i></p> <p>Please call 684-7853 at least one day in Advance before 1:00 p.m.</p>	<p>For Transportation, please call 1-800-458-5552</p>	<p>1 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 11:00 a.m. Root Beer Float Social 12:30 p.m. Paint Party (Call to Register)</p> 	<p>2 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Body Sculpting 1:00 p.m. Weekly Jam Session</p>	<p>3 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold</p>
4	<p>5 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 9:45 Yoga Stretch 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:00 a.m. Kip Woodring Concert 12:30 p.m. Effects of Stress on the Body 12:30 p.m. Pinochle Group 2:00 p.m. Facebook and Pinterest Class</p>	<p>6 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Watermelon Social 1:00 p.m. Make and Take Spa Products</p>	<p>7 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:30 a.m. Delgrosso's Spaghetti Wednesday 12:30 p.m. VIP Bingo</p>	<p>8 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 10:30 a.m. Phil McCaulley in Concert 12:45 p.m. Name That Tune 2:00 p.m. Facebook and Pinterest Class</p>	<p>9 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Body Sculpting 1:00 p.m. Weekly Jam Session</p>	<p>10 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold</p>
11	<p>12 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 12:30 p.m. Pinochle Group 1:00 p.m. Make and Take Spa Products</p>	<p>13 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Frozen Banana Social 2:00 p.m. Facebook and Pinterest Class</p>	<p>14 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 10:00 a.m. Hands and Foot Game 11:30 a.m. Delgrosso's Spaghetti Wednesday 12:30 p.m. Eye Screenings - Why They're Important</p>	<p>15 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 10:30 a.m. Country Cool Concert 12:45 p.m. Name That Tune 2:00 p.m. Facebook and Pinterest Class</p>	<p>16 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Body Sculpting 11:00 a.m. Karaoke Sing-a-Long with Homemade Donuts Party 12:30 p.m. Nutrition Education 1:00 p.m. Weekly Jam Session</p>	<p>17 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold</p>

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18	19 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 12:30 p.m. Health Presentation 12:30 p.m. Pinochle Group	20 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 10:30 a.m. Entertainment by Bill Ross, Jr. 12:30 p.m. Hoy Bingo 2:00 p.m. Facebook and Pinterest Class	21 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:30 a.m. Delgrosso's Spaghetti Wednesday 12:30 p.m. Join us at the Southern Blair Senior Center for a Paint Party!	22 10:00 a.m. Yoga 11:00 a.m. Money Smarts for Older Adults and Avoiding Financial Exploitation Workshop 12:30 p.m. Melon Social 12:30 p.m. "Fraud Bingo" and Learn How to Prevent Fraud Presentation	23 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 11:00 a.m. Music and Dancing with "DJ Tina" 1:00 p.m. Weekly Jam Session 1:00 p.m. Acrylic Pour Craft Class 2:00 p.m. Facebook and Pinterest Class	24 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold
25	26 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 12:30 p.m. August Birthday Party 12:30 p.m. Pinochle Group 2:00 p.m. Facebook and Pinterest Class	27 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 11:00 a.m. 500 Rummy Tournament 1:00 p.m. Pinecone Flower Craft * Commodity Box Pickup *	28 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Senior Toning 11:30 a.m. Delgrosso's Spaghetti Wednesday 12:30 p.m. SL Bingo 2:00 p.m. Facebook and Pinterest Class	29 9:00 a.m. Zumba/Gold/Exercisin' to the Oldies 10:00 a.m. Yoga 11:00 a.m. Left , Center, Right Game 12:30 p.m. "National Apple Month" Apple Social 12:45 p.m. Name That Tune	30 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Wii Sports 10:00 a.m. Body Sculpting 1:00 p.m. Weekly Jam Session	31 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold



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