

February 2020

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>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Kip Woodring Concert 12:30 p.m. Pinochle Group</p>	<p>4</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social 12:45 p.m. Family Feud Game</p>	<p>5</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Lunch at Texas Roadhouse 12:30 p.m. VIP Bingo</p>	<p>6</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:30 p.m. Flavored Coffee Social 12:30 p.m. Paint Party (Call to Register) 12:30 p.m.. Mahjong</p>	<p>7</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>10</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Reverse Mortgages/ Important Facts to Know 12:30 p.m. Pinochle Group</p>	<p>11</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Blood Pressure Screenings 11:00 a.m. Simply Grace Concert 12:30 p.m. Flavored Coffee Social 12:45 p.m. Family Feud Game</p>	<p>12</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Lunch at Cracker Barrel 12:30 p.m. How CBD Products Can Benefit You</p>	<p>13</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 10:30 a.m. Valentine's Day Party With Entertainment by Phil McCaulley 12:30 p.m. Flavored Coffee Social 12:30 p.m.. Mahjong 12:45 p.m. Name That Tune Game</p>	<p>14</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session</p>
<p>17</p> <p style="text-align: center;">Center Closed</p>	<p>18</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 10:30 a.m. Entertainment by Bill Ross, Jr. 11:00 a.m.. Lunch at US Hotel 12:30 p.m. Flavored Coffee Social</p>	<p>19</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. SL Bingo</p>	<p>20</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 10:30 a.m. Country Cool Concert 12:30 p.m. Flavored Coffee Social 12:30 p.m.. Mahjong 12:45 p.m. Family Feud Game</p>	<p>21</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m.. Karaoke Sing-A-Long with Homemade Donuts Party 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session 1:00 p.m. Hot Glue Gun Painting</p>

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<p>24</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. "Cooking for One" Cooking Class Series 12:30 p.m. UPMC Health Presentation 12:30 p.m. Pinochle Group 12:30 p.m. February Birthday Party</p>	<p>25</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 Craft Activity 11:00 a.m. Lunch at Traditions 12:30 p.m. Flavored Coffee Social 12:45 p.m. Family Feud Game</p>	<p>26</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. The Differences Between Alzheimer's and Dementia 1:00 p.m. Name That Tune Game</p>	<p>27</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 12:30 p.m. Flavored Coffee Social 12:30 p.m.. Mahjong 12:30 p.m. Understanding and Supporting Your Mental Health</p>	<p>28</p> <p>8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Music and Dancing with "DJ Tina" 12:30 p.m. Brain Games 1:00 p.m. Weekly Jam Session 1:00 p.m. Acrylic Pour Class</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.

