

January 2020

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.

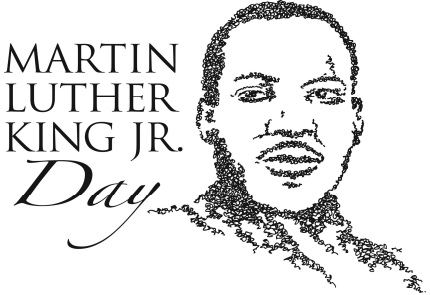
Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p><b>Center Closed</b></p> 	<p>2</p> <p>9:00 a.m. Zumba/Gold            10:00 a.m. Gentle Yoga            11:30 p.m. Flavored Coffee Social            12:30 p.m. <a href="#">Paint Party (Call to Register)</a></p>	<p>3</p> <p>8:00 a.m. Exercisin' to the Oldies            9:00 a.m. Light Aerobics            10:00 a.m. Senior Toning            10:00 a.m. Wii Sports            12:30 p.m. Brain Games            1:00 p.m. Weekly Jam Session</p>
<p>6</p> <p>8:00 a.m. Zumba Gold            9:00 a.m. Light Aerobic            10:00 a.m. Wii Sports            10:00 a.m. Senior Toning            11:00 a.m. <a href="#">Kip Woodring Concert</a>            12:30 p.m. Fraud Bingo            12:30 p.m. Pinochle Group</p>	<p>7</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. <a href="#">"Cooking for One" Cooking Class Series</a>            12:45 p.m. Family Feud Gam</p>	<p>8</p> <p>8:00 a.m. Zumba Gold            9:00 a.m. Light Aerobics            10:00 a.m. Senior Toning            10:00 a.m. Wii Sports            12:45 p.m. Name That Tune Game</p>	<p>9</p> <p>9:00 a.m. Zumba/Gold            10:00 a.m. Gentle Yoga            10:30 a.m. <a href="#">Phil McCauley in Concert</a>            12:30 p.m. Flavored Coffee Social            12:30 p.m.. Learn to Play Mahjong</p>	<p>10</p> <p>8:00 a.m. Zumba Gold            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>13</p> <p>8:00 a.m. Zumba Gold            9:00 a.m. Light Aerobics            9:00 a.m. Walking Club            10:00 a.m. Senior Toning            10:00 a.m. Wii Sports            12:30 p.m. Pinochle Group</p>	<p>14</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. Lunch at Bull Pen Restaurant            12:45 p.m. Name That Tune Game</p>	<p>15</p> <p>8:00 a.m. Zumba Gold            9:00 a.m. Light Aerobics            10:00 a.m. Senior Toning            10:00 a.m. Wii Sports            12:30 p.m. Quarter Bingo</p>	<p>16</p> <p>9:00 a.m. Zumba Gold            10:00 a.m. Gentle Yoga            10:30 a.m. <a href="#">Country Cool Concert</a>            12:30 p.m. Flavored Coffee Social            12:30 p.m.. <a href="#">Learn to Play Mahjong</a></p>	<p>17</p> <p>8:00 a.m. Zumba Gold            9:00 a.m. Light Aerobics            10:00 a.m. Senior Toning            10:00 a.m. Wii Sports            11:00 a.m.. <a href="#">Karaoke Sing-A-Long with Homemade Donuts Party</a>            12:30 p.m. Brain Games            1:00 p.m. Weekly Jam Session</p>

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Mon	Tue	Wed	Thu	Fri
<p>20</p> <p><b>Center Closed</b></p>  <p>MARTIN LUTHER KING JR. <i>Day</i></p>	<p>21</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 10:30 a.m. Entertainment by Bill Ross, Jr. 12:30 p.m. Flavored Coffee Social 12:45 p.m. Name That Tune Game</p>	<p>22</p> <p>8:00 a.m. Zumba Gold 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>23</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Yarn-Wrapped Hearts Craft 12:30 p.m. Flavored Coffee Social 12:30 p.m. 10 Signs of Dementia Presentation 12:30 p.m.. Learn to Play Mahjong</p>	<p>24</p> <p>8:00 a.m. Zumba Gold 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</p>
<p>27</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Light Aerobics 9:00 a.m. Walking Club 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 12:30 p.m. Hospice 101 Fact and Fiction 12:30 p.m. January Birthday Party 12:30 p.m. Pinochle Group</p>	<p>28</p> <p>9:00 a.m. Zumba Gold 10:00 a.m. Gentle Yoga 11:00 a.m. Pajama Party with Karaoke and Dancing 12:30 p.m. Flavored Coffee Social 12:45 p.m. Name That Tune Game</p> <p><b>* Commodity Box Pickup *</b></p>	<p>29</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. Light Aerobics 10:00 a.m. Senior Toning 10:00 a.m. Wii Sports 11:00 a.m. Lunch at Marzoni's 12:45 p.m. Family Feud Game</p>	<p>30</p> <p>9:00 a.m. Zumba Gold 9:00 a.m. AARP Safe Driving Course 10:00 a.m. Gentle Yoga 12:30 p.m. Flavored Coffee Social 12:30 p.m. Fighting the Winter Blues 12:30 p.m.. Learn to Play Mahjong 1:00 p.m. Acrylic Pour Class</p>	<p>31</p> <p>8:00 a.m. Zumba Gold 9:00 a.m. AARP Safe Driving Course 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 1:00 a.m. Valentine's Day Heart Wreath</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.

