

**March 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
	<u><b>DAILY ACTIVITIES INCLUDE:</b></u> <b>Wii Sports</b> <b>Computer Room</b> <b>Billiards</b> <b>Darts</b> <b>Exercise Room</b>	<i><b>Lunch is served daily at 12 noon</b></i>  <b>Please call 684-7853 at least one day in advance to RSVP</b>	<b>For transportation please call 1-800-458-5552</b>		<b>1</b> 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. Bunco (Call to Register) 1:00 p.m. Weekly Jam Session	<b>2</b> 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold
3	<b>4</b> 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Body Sculpting 10:30 a.m. Painting Group 11:00 a.m. Aerobics 11:00 a.m. Kip Woodring Concert 12:30 p.m. Pinochle Group 12:30 p.m. Virtual Speaker Series: "Down by the Depot" The Altoona Railroaders Museum	<b>5</b> 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 11:00 a.m. Blood Pressure Screenings 11:00 a.m. Marti-Gras Party 12:30 p.m. Flavored Coffee Social 12:30 p.m. Name that Tune  	<b>6</b> 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. Aerobics 12:30 p.m. VIP Bingo 2:00 p.m. Facebook and Pinterest Class	<b>7</b> 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 11:00 a.m. Trip to Logan Town Center 11:30 Flavored Coffee Social 12:30 p.m. Paint Party (Call to Register)  	<b>8</b> 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. Aerobics 11:00 a.m. Bunco (Call to Register) 1:00 p.m. Weekly Jam Session	<b>9</b> 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold
10	<b>11</b> 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. Aerobics 12:30 p.m. Pinochle Group 12:30 p.m. Virtual Speaker Series: "Abandoned America" 1:00 p.m. Acrylic Pour Craft Class	<b>12</b> 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 11:00 a.m. Blood Pressure Screenings 12:30 p.m. Flavored Coffee Social 12:30 p.m. Blair Country Drug and Alcohol Presentation "Problem Gambling"	<b>13</b> 8:00 a.m. Exercisin' to the Oldies 9:00 a.m. Light Aerobics 10:00 a.m. Body Sculpting 11:00 a.m. Aerobics 11:00 a.m. St. Patrick's Day Party With "Dan and Gala" 12:30 p.m. SL Jingo	<b>14</b> 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 10:30 a.m. Phil McCaulley in Concert 12:30 p.m. Flavored Coffee Social 2:00 p.m. Facebook and Pinterest Class	<b>15</b> 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. Aerobics 11:00 a.m. Bunco (Call to Register) 12:30 p.m. Tutu Tree Craft 1:00 p.m. Weekly Jam Session	<b>16</b> 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold  

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18 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 10:30 a.m. Painting Group 11:00 a.m. Aerobics 12:30 p.m. Nutrition for Your Health Presentation 12:30 p.m. Pinochle Group	19 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 10:30 a.m. Entertainment by Bill Ross, Jr. 12:30 p.m. Flavored Coffee Social 12:30 p.m. Virtual Speaker Series: "Be a Spring Chicken, Stay Young Forever"	20 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. Aerobics 11:00 a.m. Bunco (Call to Register) 12:30 p.m. Cataracts - Fact and Fiction 1:00 Bleeding Tissue Paper Craft	21 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 10:30 a.m. Country Cool Concert 12:30 p.m. Flavored Coffee Social 12:45 p.m. Name that Tune	22 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. Aerobics 11:00 a.m. Karaoke Sing-a-Long and Homemade Donuts Party 1:00 p.m. Weekly Jam Session	23 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold
24	25 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. Aerobics 12:30 p.m. March Birthday Party 12:30 p.m. Attorney Generals office Presents: "Opioids; Pennsylvania's #1 Public Health and Safety Crisis" 12:30 p.m. Pinochle Group	26 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 11:00 a.m. Lunch at Marzoni's in Greenwood 12:30 p.m. American Red Cross "Hands-Only" CPR Presentation  * Commodity Box Pickup *	27 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. Aerobics 11:00 a.m. Bunco (Call to Register) 12:45 p.m. Name that Tune	28 9:00 a.m. Exercisin' to the Oldies 10:00 a.m. Yoga Group 11:00 a.m. Bunco 12:30 p.m. Virtual Speaker Series: "Memory As We Age" 1:00 p.m. Glass Painting Class	29 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. Aerobics 11:00 a.m. Music and Dancing with "DJ Tina" 12:30 p.m. Insulin Resistance How it Affects the Body 1:00 p.m. Weekly Jam Session	30 8:30 a.m. Body Sculpting 9:30 a.m. Zumba Gold



**BLAIR SENIOR SERVICES**

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