



Eastern Area
Adult Services

Serving You in Your Community

Senior Center Updates December 2025

Low Income Home Energy Assistance Program also known as LIHEAP is open. LIHEAP can help you keep your home warm and safe during the coldest seasons. With LIHEAP you can apply for a cash grant to help pay your heating bill. The amount received is based on your household size, income, and fuel type. The cash grant is a one-time payment. The grant will be sent directly to your utility provider or fuel company to be credited on your bill.

To qualify for LIHEAP in Pennsylvania, you must meet income requirements, which are set based on your household size. Renters and homeowners are both eligible for benefits. You **do not** need to be on another public assistance program or have unpaid heating bills to qualify.

**LIHEAP is scheduled to open on
Wednesday December 3, 2025**

**The staff at Eastern Area Adult Services
Turtle Creek Senior Center would like to wish everyone a
safe and healthy Holiday Season!!**



Turtle Creek Senior Center

519 Penn Ave
Turtle Creek, PA 15145
412-824-6880
Monday – Friday 9am – 3pm



Weekly Activities

Monday

Chair Exercise - 10:00am

\$2.00 per class

Cards – 12:00pm

Tuesday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Bingo - 12:00pm

Wednesday

Cards – 12:00pm

Painting – 12:00pm

Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am

\$2.00 per class



Blood Pressure Check

Monday December 1st and Monday December 8th

9am – 11am

Humana Table

Monday December 1st

9:30am



Humana

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Lunch and Learns

Monday December 1st

Eating Well During the Holidays

Presented by; Duquesne School of Nursing



Thursday December 4th

Scams & Frauds

Presented by: DA Office

Monday December 8th

Preparing for a Winter Emergency

Presented by; Duquesne School of Nursing

Friday December 12th

Falls Prevention

Presented by; PA Health & Wellness



Monday December 15th

Fyzical Presentation

All presentations listed will start at 11:45am

Lunch is Served Daily at 11:30am

for a donation of \$2.00

Reservations must be made 2 days in advance by calling

the Turtle Creek Senior Center

at 412-824-6880

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Upcoming Activities



Virtual Tour – London England

December 3rd at 11:00am

Experience the magic of London during the holidays

Smartphones 101

Thursday December 4, 11, 18
1:00pm - 3:00pm



Learn to navigate your cell phone safely and with confidence.

Trim The Tree/Decorate the Center

Friday December 5th at 12:30pm

Join us as we start the holiday season at the Turtle Creek Senior Center



Open House:

Nationality Rooms at the University of Pittsburgh

Sunday December 7th 11:30am – 3:00pm

Guests will be invited into the Nationality and Heritage Rooms which will be decorated for the holiday season and can participate in traditional crafts and cultural demonstrations to learn about the rooms, the committees, and their ethnic communities and traditions. Guests will enjoy traditional treats as they listen to world and holiday music and shop for handcrafted and cultural wares and other items that represent the cultural diversity of the Nationality and Heritage Rooms. OPT is needed for this Trip – Must be registered with money in your Epurse by Monday December 1st

Trip to the Cranberry Men's Chorus

Thursday December 11th

Cost Free

OPT is needed for this Trip – Must be registered with money
in your Epurse by Thursday December 4th



Upcoming Activities

Holiday Gathering

Wednesday December 17th at 11:30am
Cost \$5.00

Join us for Lunch, snacks, singing and laughs
Must be signed up by Monday December 15th



Mini Paint & Sip

Friday December 19th & Friday December 26th
at 12:30pm
Cost: \$3.00

Join us for lunch followed by painting and sipping.

A pre drawn canvas will be used for one session and a small Christmas craft for painting will be the other

Advance reservation needed - **Space is limited**



Cloud Storage

Monday December 22nd at 12:00pm

you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data.



Virtual Reality at a Glance

Wednesday December 24th at 12:00pm

Virtual reality technology is quickly growing in popularity and expanding across multiple industries. This lecture will explain what it is, how it works, and introduce a few of the most popular VR devices



Center will be closed on

Christmas Day – Thursday December 25th

