

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turtle Creek Senior Center</b> 519 Penn Ave Turtle Creek Pa 15145 412-824-6880			1  <b>Closed</b>	2
5	6	7	8	9
10:00 Chair Exercise 11:30am Lunch 11:45 Lunch and Learn 12:00pm Cards	9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo 2:00pm Relaxation Class	10:30am Council Meeting 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Meditation	9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Hot Chocolate Gathering & Painting Craft	10:00am Yoga 11:30am Lunch 11:45am Lunch and Learn 3:00pm Google Maps*
12	13	14	15	16
10:00am Chair Exercise 11:30am Lunch 11:45 Steeler Trivia 12:00pm Cards	9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo 2:00pm Relaxation Class	11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Meditation	9:00am SilverSneakers 10:00am SilverSneakers <b>12:30pm Lunch</b>	10:00am Yoga 11:30am Lunch <b>*Center closing after lunch*</b>
19	20	21	22	23
<b>Closed</b>	9:00am Blood Pressure 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:30am Lunch and Learn 12:00pm Bingo 2:00pm Relaxation Class	11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Meditation	9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Movie & Discussion	10:00am Yoga 11:30am Lunch 1230pm All You Can Play Bingo 3:00pm Intro to TikTok*
26	27	28	29	30
9:30am Rivers Trip 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards	9:00am Blood Pressure 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:30am Lunch and Learn 12:00pm Bingo 2:00pm Relaxation Class	11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Meditation	9:00am SilverSneakers 10:00am SilverSneakers 10:30am Staying in Touch as Landline Changes* <b>12:30pm Lunch</b>	10:00am Yoga 11:30am Lunch 2:00pm Anti Virus & Malware Removal Programs*