



**Eastern Area  
Adult Services**

*Serving You in Your Community*

519 Penn Ave  
Turtle Creek, PA 15145  
412-824-6880

# **Turtle Creek Senior Center May 2021**

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## **Reopening the Senior Center**

Eastern Area Adult Service staff is working closely with the Area Agency on Aging and other senior center providers in the area to put a plan in place to ensure safety for all participants and staff.

## **Turtle Creek Senior Center does not have a targeted date for reopening**

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### **Grab and Go Lunches**

- Pick up time is Mondays between 10:00am – 11:30am at the Turtle Creek Senior Center back door
- Donation is \$7.50
- Box contains 5 frozen meals
- Only sign up once to be on the list weekly



**To sign up for Grab and Go Lunches  
Call the Turtle Creek Senior Center at 412-824-6880**

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### **Upcoming Conference Calls/Zoom Classes**

#### **Meditation with Margie**

Every Tuesday at 1pm

Join Margie for a short relaxing meditation

If you are interested in participating; call 1-301-715-8592 the day of the class, enter the meeting ID number 895-0463-7400# **CALL IN TEN MINUTES BEFORE THE CLASS STARTS**

#### **Movin' With Marlon!**

Chair & Standing Exercises

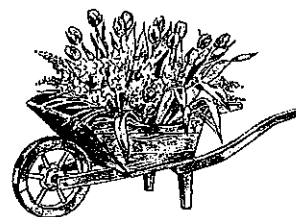
Every Monday and Wednesday at 11:00am

Pre-Registration REQUIRED! (Information on the attached flyer on how to register)

#### **CCAC Container Gardening –**

- Monday May 3<sup>rd</sup> at 1:00pm
- Monday May 10<sup>th</sup> at 1:00pm
- Monday May 17<sup>th</sup> at 1:00pm

Dial into: 1-301-715-8592 Meeting ID: 982 7728 9705 Password: garden



#### **Tai Chi with Chantel**

Chair & Standing Exercises

Every Tuesday & Thursday at 10am

Pre-Registration REQUIRED! (Information on the attached flyer on how to register)

## **Upcoming Conference Calls/Zoom Calls Continued**

### **Pittsburgh Cultural Trust (Flyer with zoom information attached)**

#### **Spring into music and movement**

Make your own musical instrument to create rhythm and dance as an ensemble

- Thursday May 6<sup>th</sup> & 13<sup>th</sup> at 1pm

Must pre-register by May 3<sup>rd</sup> for the May 6<sup>th</sup> class and by May 10<sup>th</sup> for the May 13<sup>th</sup>

### **Senior Theater (Flyer with zoom information attached)**

Have you ever dreamed of performing? We'll show you some acting techniques from the waist up, and by the end of our time together, you'll be performing a show over zoom. We hope that you can attend every rehearsal.

- Mondays May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>
- Wednesdays May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

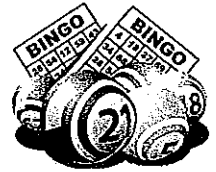
### **Weaving in the Round (Flyer with zoom information attached)**

Learn how to make small, decorative woven pieces on a round loom.

Make a cup holder, place mat, or wall hanging

- Thursday May 20<sup>th</sup> & 27<sup>th</sup> at 1pm

Must pre-register by May 17<sup>th</sup> for the May 20<sup>th</sup> class and by May 24<sup>th</sup> for the May 27<sup>th</sup>



### **CCAC Cooking Classes (Ingredients needed attached)**

- Thursday May 6<sup>th</sup> at 4pm  
Chicken Broccoli Rice Casserole  
Peach Cobbler Dump Cake
- Thursday May 13<sup>th</sup> at 4pm  
John Marzetti Casserole  
Peanut Butter Swirl Brownies
- Thursday May 20<sup>th</sup> at 4pm  
Over Baked Corn Dogs  
Classic Macaroni Salad  
Cool Key Lime Pie

Dial into: 1-301-715-8592 Meeting ID: 963 3361 9563 Password: cook

### **Virtual Bingo**

Thursday May 20<sup>th</sup> at 12:30pm – 2:00pm

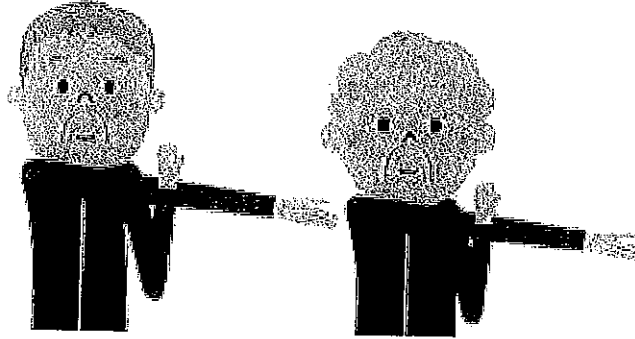
This virtual bingo has a large number of people who participate. The bingo is open to several senior centers in the area. Only four cards will be permitted to be played during the bingo games, same cards must be used for each game; there will be two regular bingos and two specials.

For more information, contact the senior center.

*Join us for a FREE, virtual CCAC fitness class...*

# ***Movin' With Marlon!***

## **Chair & Standing Exercises**



**EVERY Mon & Wed at 11:00am  
in April and May**

***Participants MUST call or email Beth to sign a  
waiver before your first class!***

***bison@ccac.edu or 412-237-2564***

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***To Join Zoom class:***

**Phone: 1-301-715-8592**

**Password: marlon**

### **Mon Class**

**Meeting ID 953 9153 3817   Link: <http://bit.ly/MondayMarlon>**

### **Wed Class**

**Meeting ID 932 8174 0540   Link: <http://bit.ly/wednesdaymarlon>**

*Join us for a FREE, virtual CCAC fitness class...*

# Tai Chi

**with Chantel**

**Chair & Standing Exercises**

**EVERY Tues & Thur @ 10:00am**

**May 4 – June 10**

***Participants MUST call or email Beth to sign a waiver before your first class!***

***bison@ccac.edu or 412-237-2564***

***To Join Zoom class:***

**Phone: 1-301-715-8592**

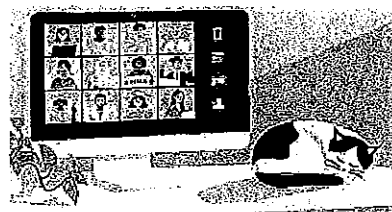
**Password: taichi**

## **Tues Class**

**Meeting ID 998 6853 4569   Link: <http://bit.ly/ccactaichitues>**

## **Thur Class**

**Meeting ID 968 6550 2954   Link: <http://bit.ly/ccactaichithur>**



## Virtual Programming for Older Adults



### Spring into Music and Movement

Make your own musical instrument to create rhythm and dance as an ensemble.

**Dates:** Thursday, May 6 or 13

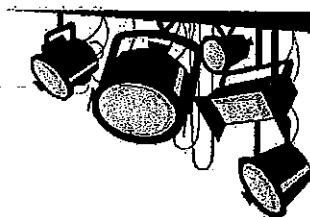
**Time:** 1:00 – 2:00pm

**Registration details:** Must pre-register by May 3 for the May 6 class and by May 10 for the May 13 class for supplies to be mailed in advance at <https://pct.formstack.com/forms/music>

*Zoom Meeting ID: 814 6165 7897   Passcode: music   Dial in Phone Number: +1 301 715 8592*

### Senior Theater

Have you ever dreamed of performing? We'll show you some acting techniques from the waist up, and by the end of our time together, you'll be performing a show over zoom. We hope that you can attend every rehearsal.



**Dates:** Mondays and Wednesdays

May 3, 5, 10, 12, 17, 19, 24, 26

**Time:** 1:00 – 2:00pm

**Registration details:** Zoom Meeting ID: 883 6983 4905

Passcode: theater

Dial in Phone Number: +1 301 715 8592

*Pre-registration is not required.*



### Weaving in the Round

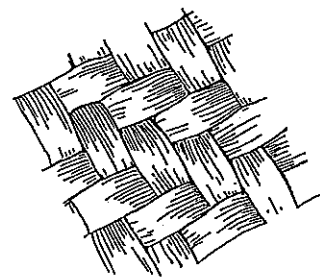
Learn how to make small, decorative woven pieces on a round loom. Make a cup holder, place mat, or wall hanging.

**Dates:** Thursday, May 20 or 27

**Time:** 1:00 – 2:00pm

**Registration details:** Must pre-register by May 17 for the May 20 class and by May 24 for the May 27 class for supplies to be mailed in advance at <https://pct.formstack.com/forms/weaving>

*Zoom Meeting ID: 868 3838 6093   Passcode: weaving   Dial in Phone Number: +1 301 715 8592*



If you have any questions, please contact the Pittsburgh's Cultural Trust Group Sales Department at 412-471-6930 or at [groupsales@trustarts.org](mailto:groupsales@trustarts.org).



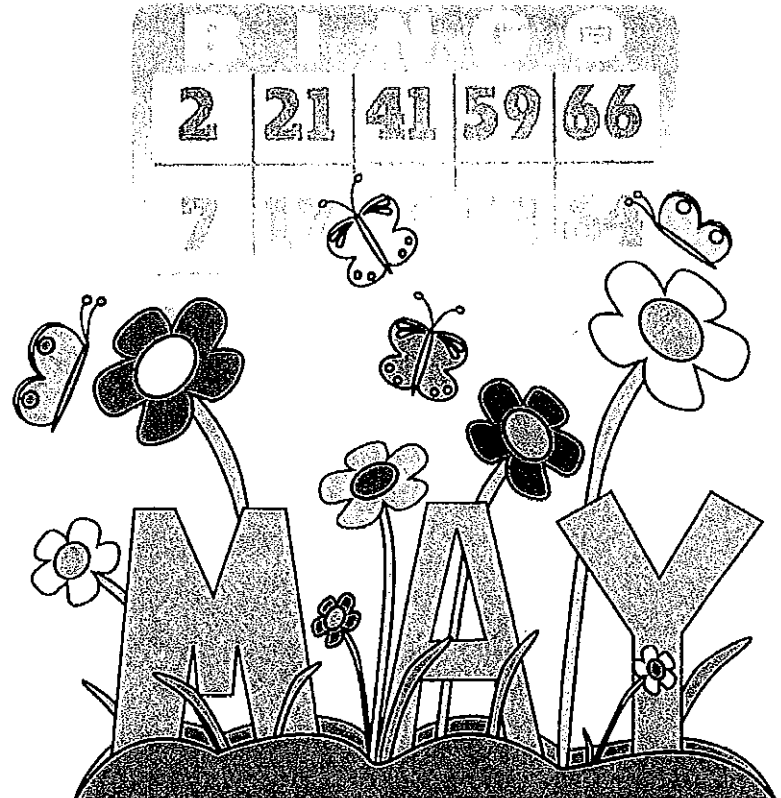
ALLETSTOWN  
SENIOR  
CENTER



**Coming together for a fun afternoon**

# SENIOR BINGO!

Please contact a Senior Center  
you have attended previously  
to receive BINGO cards mailed  
to you.



**THURSDAY**  
**May 20, 2021 • 12:30 PM**

Phone: 1-301-715-8592

Meeting ID: 943 7098 0153 • Password: bingo

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## Recipes for May 6 Cook Along

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### Chicken Broccoli Rice Casserole

- 2 tsp. margarine
- ½ C. chopped onion
- 1lb. chopped chicken breasts (pieces should be small)
- ½ tsp. garlic powder
- 1 can cream of chicken soup
- 1 10 oz. box of chopped broccoli, thawed and drained
- 1 C. diced Velveeta cheese
- ½ C. instant rice, cooked (regular long grain rice OK, but must pre-cook)
- ½ C. sour cream
- ¼ tsp. black pepper
- 1 C. shredded cheddar cheese

Saute onion in a skillet and add the chicken pieces. Lower heat and cook to thoroughly cook the chicken.

Add the soup, garlic powder, and the Velveeta cheese, stir until the cheese is melted. Remove from heat. Add the cooked rice, thawed broccoli, sour cream and pepper.

Spoon into a casserole sprayed with cooking spray. Spread the shredded cheddar on the top and place in oven at 350 degrees and bake for 20 minutes.

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### Peach Cobbler Dump Cake

- 2 cans slice peaches in syrup (16 oz cans)
- 1 pkg. yellow cake mix
- ½ C or 1 stick margarine
- Cinnamon (optional)

Preheat oven to 350 degrees. Empty peaches into a 9x13 pan. Cover with cake mix and press down slightly. Cut the margarine into small pieces and spread across the cake mix. Sprinkle with cinnamon with desired.

Bake at 375 degrees for 45 minutes. Serve with ice cream or whipped cream.

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## Recipes for May 13 Cook Along

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### John Marzetti Casserole

- 8 oz .pasta-elbows or your choice
- ½-1 lb. lean ground meat
- 1 small onion chopped
- 1 C. chopped celery
- Salt and pepper to taste
- 1 can condensed tomato soup
- 1 8oz. can of tomato sauce
- 1 C. water
- 1-1/2 C shredded cheddar

Preheat oven to 350 degrees. In a large pot of salted water cook pasta until nearly soft.

In a skillet cook the ground meat until no longer pink. Add the onions and celery and cook until softened. Salt and pepper to taste. Stir in the tomato soup and the tomato sauce and water and simmer for 10 minutes.

In a casserole dish combine the meat mixture and the drained pasta. Incorporate the mixture well. Place in casserole dish. Bake in the oven for 20-30 minutes. Sprinkle the top with the grated Cheddar cheese and continue to bake for 3-5 minutes until cheese is melted.

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### Peanut Butter Swirl Brownies

- 1 box of brownie mix (family size if possible)
- Additional ingredients:
- 1C. Creamy Peanut Butter
- ¼ C. powdered sugar

Prepare brownie mix according to package instructions spread in prepared pan. In Microwave melt peanut butter for 30 seconds and add powdered sugar. Whisk until smooth. Drop by teaspoons onto the brownie batter and gently swirl with the tip of a knife. (If you are using a regular size brownie mix you may have extra peanut butter). Bake 29-32 minutes or until center is set. Cool on a wire rack

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## Recipes for May 20 Cook Along

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### Oven Baked Corn Dogs

- 1 Box of corn muffin mix
- ½ C. Flour
- 1 egg
- ½ C. milk (slightly less adding a little at a time)
- ¼ stick of melted margarine
- 4 hot dog

(If you want a tangy chili flavor add 1 T. chili powder, 2 tsp. cumin and 2 tsp. hot sauce to the batter, additionally.)

Preheat oven to 425 degrees.

Combine the corn muffin mix and flour and then add the milk, egg and melted margarine. The dough should be sticky and thick. Place the hot dog and swoosh it in the batter until covered. Place on a non-stick cookie sheet. With your fingers add more batter to cover any exposed hot dog or to add a little more batter-too much will slide off the dog about ½ inch thick. Repeat with all the dogs. Bake for 12-15 minutes. Or until evenly browned. Serve with your favorite condiments.

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### Classic Macaroni Salad

- 1 ¾ C. elbow macaroni (8oz.)
- 1 C. Mayonnaise
- 1 T. creamy Dijon mustard
- 2 T. Vinegar
- 1 t. sugar
- 1 C. chopped celery
- 1t. salt
- ¼ t. black pepper
- ¼ C. chopped onion
- 1 C. chopped green pepper

Cook the macaroni as directed on box and drain. Rinse with cool water until completely cooked.

Combine the mayonnaise, vinegar, Dijon mustard, sugar, salt and pepper in a large bowl. Stir in the macaroni, celery, green pepper and onion. Serve chilled.

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### Cool Key Lime Pie

- 1 graham cracker pie crust
- 1 pkg. lime gelatin
- 1 container lime yogurt
- 1 container whipped topping, thawed

Mix gelatin and yogurt. Fold in the whipped topping. Pour into the pie shell. Chill at least 1 hour. Serve with whipped topping.

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