

TURTLE CREEK SENIOR CENTER

519 Penn Ave.
Turtle Creek PA 15145
(412) 824-6880

EAAS EVENTS CALENDAR

Manager, Jodi Trovato
Lee Sindorf
Bob Drost
Pat Milton

April

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chair Exercise - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Tai Chi - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Yoga - 10am <i>LUNCH 11:30am</i>
L&L - April Fools Day Cards - 12pm	Bingo - 12pm	Cards - 12pm Painting - 12pm	L&L Mental Aerobics - 10:00 COMPUTER  CLASS - 12pm	Pirates Baseball Opening Day Trivia & Facts L&L - 10 Signs of Alzheimers 12:30
8	9	10	11	12
Chair Exercise - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Tai Chi - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Yoga - 10am <i>LUNCH 11:30am</i>
Cards - 12pm	L&L Aetna Presents 11:30 Bingo - 12pm	Cards - 12pm Painting - 12pm	L&L Mental Aerobics - 10:00	Hand Eye Coordination with DARTS! 12:30pm
15	16	17	18	19
Chair Exercise - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Tai Chi - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Yoga - 10am <i>LUNCH 11:30am</i>
Cards - 12pm HEALTHY COOKING 12:30	Blood Pressure Screening 10am L&L Stress Awareness 11:30 Bingo - 12pm	Cards - 12pm Painting - 12pm	Nurses/Blood Pressure 9am L&L - Diabetes	
22	23	24	25	26
Chair Exercise - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Tai Chi - 10am <i>LUNCH 11:30am</i>	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i>	Yoga - 10am <i>LUNCH 11:30am</i>
Cards - 12pm HEALTHY COOKING 12:30	Bingo - 12pm	Cards - 12pm Painting - 12pm	Nurses/Blood Pressure 9am L&L - Osteoporosis	Hand Eye Coordination with DARTS! 12:30pm
				Movie & Discussion 12:15
29	30			MOVIE DAY
Chair Exercise - 10am <i>LUNCH 11:30am</i> SALSA DANCING - 10am NAME THAT TUNE - 11:30 HEALTHY COOKING 12:30	Silver Sneakers - 9 & 10am <i>LUNCH 11:30am</i> Bingo - 12pm			Poor Things April 26 12:15 
			SALSA DANCING April 29 10am 	