

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Chair Exercise 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	4 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	5 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	6 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:30am D-Day Presentation	7 10:00am Yoga 11:30am Lunch 12:00pm Eye Hand Coordination thru Dart Playing 12:00 Arts Festival Trip
10 10:00am Chair Exercise 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	11 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	12 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	13 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:30am Lung Health Presentation	14 10:00am Yoga 11:30am Lunch 11:30am Lunch and Learn 12:00pm Eye Hand Coordination thru Dart Playing
17 10:00am Chair Exercise 11:30am Lunch 11:30am UnitedHealth Presentation 12:00pm Cards	18 9:00am SilverSneakers 10:00am SilverSneakers 10:30am Blood Pressure 11:30am Lunch 12:00pm Bingo	19 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	20 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm PickleBall Basics 1:15pm PickleBall Play (this is not open court time)	21 10:00am Yoga 11:30am Lunch 11:30am Chronic Pain 12:30pm PickleBall Basics 1:15pm PickleBall Play (this is not open court time) 7:00pm CLO show
24 10:00am Salsa Dancing 11:30am Lunch 12:00pm Cards 12:15pm Movie 2:30pm Movie Discussion	25 Farmer Market Voucher 9am – 3pm	26 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	27 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Bingo	28 10:00am Yoga 11:30am Lunch 12:00pm Eye Hand Coordination thru Dart Playing 4:00pm Farmer Markets Trip
Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880				