

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00am Chair Exercise 10:00am Coffee & Conversation 11:30am Lunch 12:00pm Cards	2 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	3 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	4 CLOSED	5 10:00am Yoga 11:30am Lunch 12:00pm Coffee & Conversation 12:30am Darts
8 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:15pm Movie 2:30pm Movie Discussion	9 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	10 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	11 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Rivers Casino Trip 11:30am Lunch	12 10:00am Yoga 11:30am Lunch 11:30am Lunch and Learn w/Oak St. Health 7:00pm Music Man
15 10:00am Chair Exercise 11:30am Lunch 12:00pm Ice Cream Sundae Fun 12:00pm Cards	16 9:00am SilverSneakers 10:00am SilverSneakers 10:30am Blood Pressure 11:30am Lunch 12:00pm Bingo	17 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	18 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 UnitedHealth Care X-mas Cookies in July	19 10:00am Yoga 11:30am Lunch 12:30pm Picklesbugh Trip 12:30 Nickle Bingo
22 10:00am Chair Exercise 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	23 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	24 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	25 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Olympic games	26 10:00am Yoga 11:30am Lunch 12:00pm Coffee & Conversation 12:30pm Darts
29 10:00am Salsa Dancing 11:30am Lunch 12:00 Afternoon Entertainment	30 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	31 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880	