

Monday	Tuesday	Wednesday	Thursday	Friday
Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880			1 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Rivers Casino Trip 11:30am Lunch	2 10:00am Yoga 11:30am Lunch 11:45am Root Beer Float Ed. 12:15 Nickle Bingo
5 10:00am Chair Exercise 11:30am Lunch 11:30 am Lunch and Learn 12:00pm Cards	6 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	7 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	8 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch and Learn 11:30am Lunch	9 10:00am Yoga 11:30am Lunch 12:15 Movie 2:15pm Movie Discussion 4:00pm Farmer Market Trip
12 10:00am Chair Exercise 10:15 Flower Show Trip 11:30am Lunch 12:00pm Cards	13 9:00am SilverSneakers 10:00am SilverSneakers 10:30am Blood Pressure 11:30am Lunch 12:00pm Bingo	14 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	15 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm PickleBall Basics 12:45pm PickleBall Play (this is not open court time) 4:00pm International Village Trip	16 10:00am Yoga 11:30am Lunch 12:00pm Little Italy Days Trip 12:30pm PickleBall Basics 12:45pm PickleBall Play (this is not open court time)
19 10:00am Chair Exercise 11:30am Lunch 11:45am 5 Second Trivia 12:00pm Cards	20 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	21 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	22 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm PickleBall Basics 12:45pm PickleBall Play (this is not open court time)	23 10:00am Yoga 11:30am Lunch 11:30 Lunch and Learn 12:30 Beat the Heat Bingo Bash
26 10:00am Salsa Dancing 11:30am Lunch 11:30am Lunch and Learn 12:00 Cards	27 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	28 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30 Old Tyme Baseball Listening Party	29 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm PickleBall Basics 12:45pm PickleBall Play (this is not open court time)	30 10:00am Yoga 11:30am Lunch 12:30pm PickleBall Basics 12:45pm PickleBall Play (this is not open court time)