

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo	4 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	5 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch	6 10:00am Yoga 11:30am Lunch 12:15pm Movie 2:00pm Movie Discussion
9 10:00am Chair Exercise 9:30am Blood Pressure 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	10 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo	11 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	12 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Phipps Trip 10:00am On The Move 11:30am Lunch	13 10:00am Yoga 11:30am Lunch 11:30am Lunch and Learn 12:30pm Pickleball
16 10:00am Chair Exercise 9:30am Blood Pressure 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	17 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 10:15am Blood Pressure 11:30am Lunch 11:30 Lunch and Learn 12:00pm Bingo	18 10:00am Tai Chi 11:30am Lunch 11:30am Lunch and Learn 12:00pm Painting Class 12:00pm Cards	19 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch	20 10:00am Yoga 11:30am Lunch 12:30 Eat, Paint, Dessert 12:30pm Pickleball
23 10:00am Chair Exercise 9:30am Blood Pressure 11:30am Lunch 11:30am Lunch and Learn 12:00pm Cards	24 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo	25 10:00am Tai Chi 11:30am Lunch 12:00pm Arts & Crafts 12:00pm Cards	26 9:00am SilverSneakers 9:30am Rivers Casino Trip 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch	27 9:30am United HealthCare Table 10:00am Yoga 11:30am Lunch 11:30 Lunch and Learn
30 10:00am Salsa Dancing 10:00am Soergel Trip 11:30am Lunch 12:00 Cards		Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880		