



Eastern Area
Adult Services

Serving You in Your Community

Senior Center Updates

September 2024

More than one in four people aged 65 years or older fall each year. As you age, the risk of falling increases. Many falls can be prevented by exercising, managing medications, wearing sensible shoes, removing any hazards from the home, or using assistive devices.

September is known as falls prevention month and to help educate and remind seniors about how important it is to prevent falls, the Turtle Creek Senior Center will be hosting a few different speakers that will discuss topics that are related to preventing falls.

September is also known as National Senior Center Month. This year's theme is "**Powering Connections.**" Turtle Creek Senior Center is offering a "Powering Connections Card" in honor of National Senior Center Month. Participate in at least 7 activities listed on the Powering Connections Card to be entered to win a gift card. Stop by the office at the Turtle Creek Senior Center to sign up and get your card.

Brochures, pamphlets, and other community resource information is always available at the Turtle Creek Senior Center. Please feel free to stop by to pick up any of those items or give us a call at 412-824-6880 or email jtrovato@eaas.net

Turtle Creek Senior Center

519 Penn Ave
Turtle Creek, Pa 15145
412-824-6880
Monday – Friday 9am – 3pm

Weekly Activities

Monday

Chair Exercise - 10:00am
Cards – 12:00pm

Tuesday

SilverSneakers – 9am & 10am
Bingo - 12:00pm

Wednesday

Tai Chi – 10:00am
Cards – 12:00pm
Painting – 12:00pm

Tuesday

SilverSneakers – 9am & 10am

Friday

Yoga – 10:00am

\$2.00 Donation for all exercise classes

SilverSneakers class is free with a
SilverSneakers Membership Card

Blood Pressure Screening

Monday September 9th
Monday September 16th
Monday September 23rd
at 9:00am

Tuesday September 10th
at 10:15am

Upcoming Trips Around Pittsburgh

Flower Show at Phipps

Thursday September 12th
Leave the center at 10:15am
Cost \$19.95

If you have an EBT card – present it
with a photo ID to pay only \$3.00

Rivers Casino Trip

Thursday September 26th
Leave the center at 9:30am

Soergels Orchard Trip

Monday September 30th
Leave the center at 10:00am

Monthly Activities

Salsa Dancing

Monday September 30th
at 10:00am



Turtle Creek Senior Center

519 Penn Ave
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Monday – Friday 9am – 3pm

Lunch and Learns

Starts at 11:45am

Importance of Vaccination

Presented by Duquesne School of Nurses

Monday September 9th

Superstitions

Friday September 13th

Stroke Awareness

Presented by Duquesne School of Nurses

Monday September 16th

Vertigo/Dizziness

Presented by Fyzical

Tuesday September 17th

Joint Disease

Presented by ESSMC

Monday September 16th

Fall Prevention

Presented by Duquesne School of Nurses

Monday September 23rd

Medicare Changes

Presented by UnitedHealth Care

Friday September 27th

**Lunch is Served Daily at 11:30am for a donation of \$1.50
Reservations must be made 2 days in advance by calling
the Turtle Creek Senior Center at 412-824-6880**

Upcoming Activities



Movie & Discussion

Friday September 6th at 12:15pm

Movie: The Union

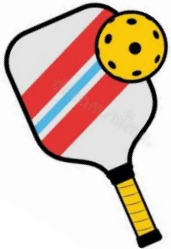
Mike, a down-to-earth construction worker, is thrust into the world of super spies and secret agents when his high school sweetheart, Roxanne, recruits him on a high-stakes US intelligence mission. Rated PG – 13, Runtime 2 hour 15mins

Please stay for a Discussion of the movie afterwards

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Monday – Friday 9am – 3pm

Upcoming Activities Continued



Pickleball

Friday September 13th & Friday September 20th
at 12:30pm

Start off with the basic rules, hitting, scoring, etc
Followed by trying out what you learned in a game.

This is not open court time

Eat, Paint, Dessert

Friday September 20th
at 11:30am
Cost \$4.00

Price Includes: lunch, picture, paints, and dessert



Arts & Crafts

Wednesday September 25th
at 12:30pm

This is the first week of three. Class is provided by CCAC

UnitedHealth Care Resource Table

Friday September 27th
at 9:30am



**Don't forget to pick up your
September "Powering Connections Card"
at the Turtle Creek Senior Center.**

Swissvale Senior Center

7350 McClure Ave
Pittsburgh, Pa 15218
412-731-6125
Monday, Wednesday, Friday
9am – 2pm

**Lunch is Served Monday, Wednesday, and Friday at 11:30am
for a donation of \$1.50**

**Reservations must be made 2 days in advance by calling the
Swissvale Senior Center at 412-731-6125**

Bingo

Every Monday, Wednesday, and Friday
at 12:15pm



Volunteers Needed

The Swissvale Senior Center and Turtle Creek Senior Center have several volunteer options available. Volunteers are needed to help serve lunch, teach a class, deliver home delivered meals, and much more

If you are interested in volunteering, please
contact Jodi Trovato at 412-824-6880