

Senior Center Updates

October 2024

Fall has officially started, it's getting dark earlier, the leaves are changing, the temperatures are dropping, the Steelers are playing football, and flu season has started.

Older adults are at higher risk for serious health problems caused by diseases from the flu and COVID-19. If you are over 65 years of age, it is recommended to get a RSV, pneumonia, flu, shingles and COVID-19 vaccine.

On Thursday October 17th at 1pm the Turtle Creek Senior Center with BCM Homewood will host a vaccine clinic at the Turtle Creek Senior Center. The clinic will provide vaccines for flu, COVID, RSV, pneumonia, and shingles. Pre-registration is not required and walk ins are accepted.

If you have any questions, please contact Jodi Trovato at 412-824-6880 or send an email to jtrovato@eaas.net

Turtle Creek Senior Center

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

Daily 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

Thursday

SilverSneakers – 9am & 10am

Friday

Yoga – 10:00am

**\$2.00 Donation for all exercise
classes**

**SilverSneakers class is free
with a SilverSneakers
Membership Card**

Upcoming Lunch and Learns

UnitedHealthcare

Thursday October 3rd

Oak Street Health

Wednesday October 9th

Crime Prevention

Thursday October 10th

Presented by EAAS board member
George Polnar

Trivia

Presented by:

Pa Health & Wellness

Friday October 11th

Changes to Medicare

Friday October 18th

All Lunch and Learns are 11:45am

**Reservations must be made 2 days
in advance for lunch by calling the
Turtle Creek Senior Center
at 412-824-6880**

Turtle Creek Senior Center

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412-824-6880
Monday – Friday 9am – 3pm

Upcoming Activities



Arts & Crafts

Wednesday October 2 & Wednesday October 9th
at 12:30pm

Class provided by CCAC

UnitedHealthcare Resource Table

Thursday October 3rd
9:30am – 11:30am



Lunch and Entertainment

Friday October 4th at 11:30am

Cost \$3.00

Entertainment start at 12:15pm

Movie & Discussion

Monday October 7th at 12:30pm

Movie: Hocus Pocus

Kids accidentally free a coven of evil witches. With the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

Rated PG, Runtime 1 hour 36mins

Monday October 14th at 12:30pm

Movie: Hocus Pocus 2

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

Rated PG, Runtime 1 hour 44mins



Please stay for a discussion of the movie afterwards

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Monday – Friday 9am – 3pm

Upcoming Activities Continued

Collage Art

Tuesday October 15, Tuesday October 22nd and Tuesday October 29th
at 12:30pm

Class provided by CCAC

Pokeno Party

Friday October 18th at 12:30pm

Cost \$5.00

Everyone will get 2 cards per person
10 games total will be played



All You Can Play Bingo

Thursday October 24th at 12:30pm

Cost \$10.00

15 games of bingo, play as many cards as you want



Pizza Party, Lunch & Learn, Balance Screening

Friday October 25th at 12:30pm

Fyzical & Dr. Yoder will be discussing how PT can help with hearing
along with balance screenings after

Lunch will be provided by them!

Must be signed up no later than Friday October 18



Steelers Pregame Tailgate Party

Monday October 28th at 1pm

Cost \$6.00



What better way to get ready for a Steeler Monday night game!

Price includes; Lunch, snacks, prizes, history and trivia

Must be signed up by Monday October 21st

Turtle Creek Senior Center

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

Upcoming Activities Continued

Can you figure out who dunnit....?

Halloween Murder Mystery Lunch Party

Thursday October 31st

Cost \$1.50

Lunch at 11:30am

Murder Mystery at 12:30pm

Are you the murderer?



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

Volunteers Needed

Volunteers are needed at the Turtle Creek Senior Center
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

Swissvale Senior Center

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

**Lunch is Served Daily 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

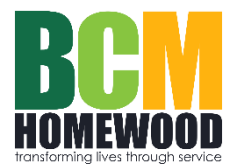


Printmaking

Wednesday October 2, 9, 16, 23, 30
10am – 12pm

Vaccination Clinic w/ BCM Homewood

Wednesday 30
10am – 12pm



Vaccines available are: Flu, Covid-19, RSV, pneumonia, shingles

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