

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo	2 10:00am Tai Chi 11:30am Lunch 12:30pm Arts & Crafts 12:30pm 12:00pm Cards	3 9:00am SilverSneakers 9:30am United HealthCare Table 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 11:30am Medicare Talk	4 10:00am Yoga 11:30am Lunch 12:15 Entertainment
7 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:15pm Movie	8 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo	9 10:00am Tai Chi 11:30am Lunch 11:30am Oak St, Health Talk 12:30pm Arts & Crafts 12:30pm 12:00pm Cards	10 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 11:30am Crime Prevention Talk	11 10:00am Yoga 11:30am Lunch 11:30am Lunch and Learn 12:00pm Trivia
14 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:15pm Movie	15 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo 12:30pm Collage Art	16 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	17 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 1:00pm Vaccine Clinic	18 10:00am Yoga 11:30am Lunch 11:30am Medicare Plans Talk 12:30pm Pokeno Party
21 10:00am Chair Exercise 11:30am Lunch 11:30am Lunch & Learn 12:00pm Cards	22 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo 12:30pm Collage Art	23 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	24 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:30pm All you can play bingo	25 10:00am Yoga 11:30am Lunch 11:30am Balance Presentation 12:30pm Balance Screenings
28 10:00am Chair Exercise 11:30am Lunch 12:00 Cards 1:00pm Steelers Pregame Party	29 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:00pm Bingo 12:30pm Collage Art	30 10:00am Tai Chi 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	31 9:00am SilverSneakers 10:00am SilverSneakers 10:00am On The Move 11:30am Lunch 12:30pm Halloween Murder Mystery	Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880