

| Monday                                                                                                                                            | Tuesday                                                                                                                   | Wednesday                                                                                                        | Thursday                                                                                                                                                                  | Friday                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Turtle Creek Senior Center</b><br><b>519 Penn Ave</b><br><b>Turtle Creek Pa 15145</b><br><b>412-824-6880</b>                                   |                                                                                                                           |                                                                                                                  |                                                                                                                                                                           | <b>1</b><br><br>10:00am Yoga<br>11:30am Lunch<br>11:30am Lunch & Learn                                          |
| <b>4</b><br><br>9:00am Blood Pressure<br>10:00am Chair Exercise<br>11:30am Lunch<br>11:30am Lunch and Learn<br>12:00pm Cards                      | <b>5</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:00am On The Move<br>11:30am Lunch<br>12:00pm Bingo  | <b>6</b><br><br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards<br>7:00pm Banjo Club | <b>7</b><br><br>9:00am SilverSneakers<br>9:30am UnitedHealth Care Resource Table<br>10:00am SilverSneakers<br>10:00am On The Move<br>11:30am Lunch<br>12:30pm Collage Art | <b>8</b><br><br>10:00am Yoga<br>11:30am Lunch<br>12:30pm Tech Class<br>12:30pm Movie<br>2:30pm Movie Discussion |
| <b>11</b><br><br>9:00am Blood Pressure<br>10:00am Chair Exercise<br>11:30am Lunch<br>11:30am Lunch and Learn<br>12:00pm Cards                     | <b>12</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:00am On The Move<br>11:30am Lunch<br>12:00pm Bingo | <b>13</b><br><br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                     | <b>14</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:00am On The Move<br>11:30am Lunch<br>12:30pm Collage Art<br>12:30pm All you can play bingo         | <b>15</b><br><br>10:00 am Elder Finance Summit<br>12:30pm Lunch<br>12:30pm Tech Class<br>*Yoga class Canceled*  |
| <b>18</b><br><br>9:00am Blood Pressure<br>10:00am Chair Exercise<br>11:30am Lunch<br>11:30am Lunch and Learn<br>12:00pm Cards<br>1:00pm Derby Day | <b>19</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:00am On The Move<br>11:30am Lunch<br>12:00pm Bingo | <b>20</b><br><br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                     | <b>21</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>10:00am On The Move<br>10:30am Rivers Casino Trip<br>11:30am Lunch<br>12:30pm Collage Art             | <b>22</b><br><br>10:00am Yoga<br>11:30am Lunch<br>12:30pm Tech Class<br>12:30pm Turkey Painting                 |
| <b>25</b><br><br>9:30am Highmark Resource Table<br>10:00am Chair Exercise<br>11:30am Lunch<br>12:00 Cards                                         | <b>26</b><br><br>9:00am SilverSneakers<br>10:00am SilverSneakers<br>11:30am Lunch<br>12:00pm Bingo                        | <b>27</b><br><br>10:00am Tai Chi<br>11:30am Lunch<br>12:00pm Painting Class<br>12:00pm Cards                     | <b>29</b><br><br><b>Closed</b>                                                                                                                                            | <b>30</b><br><br><b>Closed</b>                                                                                  |