

Senior Center Updates

November 2024

Each year Medicare offers an open enrollment period that runs from October 15th- December 7th. During this time individuals can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Medicare health and drug plans can make changes each year to the cost, coverage, providers and pharmacies in their networks.

If you have a Medicare health plan or prescription drug plan it is recommended to always review the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC) your plan sends. If your plan changes make sure those changes will meet the current needs you have.

If you are satisfied with your current plan, then you do not need to do anything.

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

Understand Medicare

Friday November 1st

Allergies/Reaction

Monday November 4th

Presented by Duquesne Nursing Students

Shingles

Monday November 11th

Presented by Duquesne Nursing Students

Thyroid Disease

Monday November 18th

Presented by Duquesne Nursing Students

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**

Center is closed

**Thursday November 28th
and
Friday November 29th**

Blood Pressure Screening

**Monday November 4th
Monday November 11th
Monday November 18th
9:00am – 11:30am**



Turtle Creek Senior Center

519 Penn Ave
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Upcoming Activities

Banjo Club

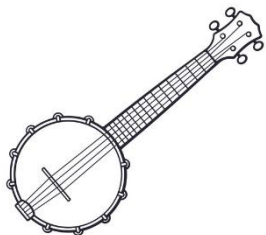
Wednesday November 6th
7:00pm

Join us as for a night of music, food and drinks.

Admission is free to enter

OPT needed to go

Space is limited



UnitedHealthcare Resource Table

Thursday November 7th
9:30am – 11:30am

Collage Art

Thursday November 7th, Thursday November 14th and
Thursday November 21st
at 12:30pm
Class provided by CCAC

Tech Classes

Need help learning how to use messaging apps, email or health apps?

This series of classes will answer those questions.

Please bring the device you need help with.

Friday November 8th
12:30pm – 2:30pm
Topic: Messaging Apps



Space is limited for each class

Turtle Creek Senior Center

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Monday – Friday 9am – 3pm

Upcoming Activities Continued

More Tech Classes

Friday November 15th

12:30pm – 2:30pm

Topic: Email



Friday November 22nd

12:30pm – 2:30pm

Topic: Health Apps



Movie & Discussion

Friday November 8th at 12:30pm

Movie: The Holdovers

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

Rated R, Runtime 2 hour 13mins

Please stay for a discussion of the movie afterwards

Derby Day

Monday November 18th at 1:00pm

Cost: \$6.00

Price includes:

Lunch

8 races with toy horses

Play money wagering

Turtle Creek Senior Center

519 Penn Ave
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Monday – Friday 9am – 3pm

Upcoming Activities Continued



All You Can Play Bingo

Thursday November 14th at 12:30pm

Cost \$10.00

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

Elder Finance Summit

Friday November 15th at 10:00am

This free event will feature multiple community agencies sharing information and resources about a range of financial topics for older adults.

Flyer attached. RSVPs are required. Please call 412-829-7112.



Rivers Casino Trip

Thursday November 21st

10:30am – 2:30pm

OPT needed to go on this trip



Highmark Resource Table

Monday November 25th

9:30am – 11:30am

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

Turtle Creek Senior Center

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Monday – Friday 9am – 3pm

Weekend Activities

Holiday Open House at the Cathedral of Learning Nationality Rooms

Sunday November 17th at 12:00pm

Admission is free

OPT Needed for this trip

Nationality and Heritage Rooms will be decorated for the holiday season guests will enjoy traditional treats as they listen to world and holiday music and shop for handcrafted and cultural wares and other items that represent the cultural diversity of the Nationality and Heritage Rooms.

Pittsburgh Symphony Youth Orchestra

Sunday November 17th at 7:30pm

Tickets are Free

Stop by the office to pick up tickets

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

I Keep Coming Back

**There is a place I go to
Near my home not far away**

**There is a meal just waiting,
And it really makes my day.**

**If I want to do some fun things,
There's things that I can do.**

**Or I can meet my friends there
There's something always new**

**Giving them a reason to get up.
Loved ones might be far from home.**

**Where is this place I speak of?
Turtle Creek Senior Center**

**Sometimes when I decide to stay home,
I find myself coming back that way.**

**Catherine M Farrell
Senior Center Participant**

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 November 6 & 13
10am – 12pm

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