



Eastern Area
Adult Services
Serving You in Your Community

Senior Center Updates January 2025

Happy New Year Everyone!

This is the time when everyone makes a resolution to improve something in their life. Some popular resolutions are to exercise regularly, eat healthier, find a new hobby, or pay off debt.

Even though the senior center cannot pay off your debt, we can assist in getting seniors signed up for different utility programs, property tax/rent rebates, or SNAP benefits.

For those who want to exercise regularly in the new year, the Turtle Creek Senior Center is also offering a new exercise class; Balance and Stability starting on Friday January 6, 2025. For the hobby seeker check out the once-a-month arts & crafts class provided by the Carnegie Library.

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

\$2.00 per class

Cards – 12:00pm

Tuesday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneaker members

Bingo - 12:00pm

Wednesday

Cards – 12:00pm

Painting – 12:00pm

Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneaker members

Friday

Yoga – 10:00am

\$2.00 per class

NEW CLASS Balance & Stability – 1:00pm

\$1.00 donation for SilverSneakers members

\$5.00 per class for Non SilverSneakers members

SilverSneakers class is free with a SilverSneakers Membership Card

***Starting in January 2025 there will be changes for those who have Highmark Insurance**

Center is closed

Wednesday January 1st and

Monday January 20th

Upcoming Activities

January's Health and Wellness Topic **Arthritis**

Join us every Thursday for a webinar that will highlight different information about Arthritis.

Thursday January 9th at 12:30pm

Arthritis & The Body

Learn about common health problems related to arthritis and how to manage them

Thursday January 16th at 12:30pm

Arthritis, Diabetes, & Heart Disease

Learn about the surprise link between having arthritis & developing heart disease and diabetes

Thursday January 23rd at 12:30pm

Marking Healthy Habits for Arthritis

A rheumatologist, life coach, and habit expert offer solutions to help you reset your health w/ arthritis

Thursday January 30th at 12:30pm

Arthritis Hack & Joint Protection

Get expert tips to strengthen joints, increase mobility, and make everyday tasks easier

Arts & Crafts

Monday January 6th at 12:30pm

Project; TBA

Class and supplies provided by The Carnegie Library

Steelers Trivia

How big of a Steeler Fan are you?

Let's kick off the Steelers playoffs with a round of Steeler Trivia.

Friday January 10th at 11:45am

Turtle Creek Senior Center

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

Upcoming Activities Continued

Cyber Security Presentation

Wednesday January 15th at 11:30am

Presented by; AIU Students

All You Can Play Bingo

Friday January 24th at 12:15pm

Cost \$10.00

All the cards you can play!

15 games of regular bingo, 1 letter “X” special, 1 Jackpot

Movie & Discussion

Monday January 27th at 12:30pm

Movie: The Six Triple Eight

Eight hundred and fifty-five join the war effort to address a three-year mail backlog. Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule

Rated PG13, Runtime 2 hour 07mins

River Casino Trip

Friday January 31st at 10:30am

OPT needed to go on the trip

Lunch is Served Daily at 11:30am

for a donation of \$2.00

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

Swissvale Creek Senior Center

7350 McClure Ave
Swissvale, PA 15218
412-731-6125
Monday, Wednesday
Friday 9am – 3pm

**Lunch is Served Daily at 11:30am for a donation of \$2.00
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



**Center is closed on Wednesday January 1st
and Monday January 20th**

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