

Monday	Tuesday	Wednesday	Thursday	Friday
Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880		1 Closed	2 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch	3 10:00am Yoga 11:30am Lunch 1:00pm Balance & Stability
6 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:30pm Arts & Crafts	7 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	8 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 7:00pm Benedum show	9 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Arthritis and the Body	10 10:00am Yoga 11:30am Lunch 11:45am Steelers Play off Rally 1:00pm Balance & Stability
13 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards	14 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	15 11:30am Lunch 11:30am Cyber Security Presentation 12:00pm Painting Class 12:00pm Cards	16 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Arthritis, Diabetes, & Heart Disease	17 10:00am Yoga 11:30am Lunch 1:00pm Balance & Stability
20 Closed	21 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	22 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	23 Center opening at 11:30am Lunch 12:00pm 12:30pm <u>Marking Healthy Habits for Arthritis</u>	24 10:00am Yoga 11:30am Lunch 12:00pm All you can play Bingo 1:00pm Balance & Stability
27 10:00am Chair Exercise 11:30am Lunch 12:00 Cards 12:30pm Movie & Discussion	28 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	29 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	30 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30am Arthritis Hack & Joint Protection	31 10:00am Yoga 10:30am Rivers Casino Trip 11:30am Lunch 1:00pm Balance & Stability