

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:30pm Arts & Crafts	4 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	5 10:30am Council Meeting 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	6 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	7 10:00am Yoga 11:30am Lunch 11:30am United Health Care 12:00pm Nacho Bar
10 10:00am Chair Exercise 11:30am Lunch 11:30am Oscar Movie Trivia 12:00pm Cards	11 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	12 11:30am Lunch 11:30am Lunch and Learn 12:00pm Painting Class 12:00pm Cards	13 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	14 10:00am Yoga 11:30am Lunch 11:30am Aetna Presentation 12:30pm Movie and Discussion
17 9:00am Blood Pressure 10:00am Chair Exercise 11:30am Lunch 11:30am Seasonal Allergies 12:00pm Cards	18 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	19 11:30am Lunch 11:30am Lunch and Learn 12:00pm Painting Class 12:00pm Cards	20 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	21 10:00am Yoga 11:30am Lunch 11:30am Slogan Trivia 12:30pm Movie and Discussion
24 9:00am Blood Pressure 10:00am Chair Exercise 11:30am Lunch 11:30am Exploring Hobbies Interest 12:00pm Cards	25 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	26 11:30am Lunch 12:00pm Painting Class 12:30pm Mini Bingo Bash	27 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Paint & Sculpt 11:30am Lunch	28 9:30am Rivers Casino Trip 10:00am Yoga 11:30am Lunch 4:30pm Karaoke & Dinner Party
31 9:00am Blood Pressure 10:00am Chair Exercise 11:30am Lunch 11:30am How to Talk to Your Doctor 12:00pm Cards			Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880	