

Senior Center Updates

April 2025

April is National Volunteer Month...

Volunteers have been the backbone of Eastern Area Adult Services and our success for many years!

EAAS has over 40 volunteers that help contribute to the day-to-day activities at the Turtle Creek Senior Center, Swissvale Senior Center, and the Meals on Wheels program. With the help of volunteers in 2024, EAAS served 6,381 in senior center meals and made 58,858 deliveries to homebound seniors in the meals on wheels program along with contributing to in-center activities.

EAAS is always looking for new volunteers to help teach a class, serve lunches, or help with the meals on wheels program.

If you are interested in volunteering, 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

Weekly 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 and FitOn members

Friday

Yoga – 10:00am
\$2.00 per class



Blood Pressure Screening

Monday April 7 and 14
at 9:15am



Turtle Creek Senior Center

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Lunch and Learns

Wednesday April 2nd

Post Hospice Care, Osteoporosis, Fall Prevention

Presented by; Banker Life, UPMC, & Fyzical

Friday April 4th

Pittsburgh Pirate Home Opener Trivia

Monday April 7th

Myths about Aging

Presented by; Duquesne Nursing School

Wednesday April 11th

Real ID information

Monday April 14th

Navigating Health Information on the Internet

Presented by; Duquesne Nursing School

Friday April 18th

Fyzical Therapy and Balance Center

All presentations listed will start at 11:45am

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**

Turtle Creek Senior Center

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Monday – Friday 9am – 3pm

Upcoming Activities

Print & Sculpt

Thursday April 3, 10, 17
10:00am – 12:00pm

Pittsburgh Pirates Pre Game

Friday April 4th
1:00pm

Join us for a pregame Home Opener celebration



Cooking for Crowds

Friday April 11th at 1pm

This workshop will provide information on food safety
See attached flyer for more information
Presented by: Penn State Extension

Nickle Bingo

Friday April 18th at 1pm

Regular games will be 5cents a card, 10cents a card for specials,
25cents a card for jackpot
Enjoy 15 games of bingo

All the money collected will be paid out each game



Blood Drive

Monday April 21st
12pm – 5pm

Appointments or walk ins are welcome
See the attached flyer for more details



**American
Red Cross**

Turtle Creek Senior Center

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



Upcoming Activities

Movie & Discussion

Wednesday April 23rd at 12:30pm

Movie: Anora

2025 Academy Award for Best Picture

A young woman from Brooklyn gets her chance at a Cinderella story when she meets and marries a son of an oligarch. Once the news reaches Russia, her fairytale is threatened as the parents set out for New York to get the marriage annulled. Rated R, Runtime 2 hour 19mins

All You Can Play Bingo and Lunch

Thursday April 24th

Cost \$10.00

15 Games of Bingo – All the cards you can play!



Chronic Disease Self-Management Class

Friday April 25th

12:30pm – 3:00pm

See the attached flyer for more details



Arts & Crafts

Monday April 28 at 12:30pm

Project; TBA

Class and supplies provided by The Carnegie Library

Old Fashion Sing a Long

Wednesday April 30th at 1pm

Join us for an afternoon of singing through the decades
Afraid of not knowing the words?

Don't worry cheat sheets will be provided



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



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