

Senior Center Updates

May 2025

In 1963 only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month”

In 1965 The Older American Act was signed into law by President Lyndon Johnson. The Older Americans Act created the National Aging Network comprising the Administration on Aging at the federal level, State Units on Aging at the state level, and Area Agencies on Aging at the local level

Every May, the Federal Government leads the nation’s observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions

Join us at the Turtle Creek Senior Center Open House on Thursday May 29th as we Flip the Script on Aging.

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 and FitOn 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



Allegheny Health Network Van

Wednesday May 14th
9am – 1pm



The van will be in the side parking lot



Turtle Creek Senior Center

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

Lunch and Learns

Friday May 9th
Breath Pittsburgh



Friday May 16th
AHN Neighbor Hospitals



Friday May 30th
Mental Health Awareness Presentation

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**

Access/Pittsburgh Regional Transit Proposed Changes

Wednesday May 14th at 10:30am

Learn about the proposed changes coming to the
65 Plus Access program, OPT, and the Pittsburgh Regional Transit

Every Please try to attend!!!



Turtle Creek Senior Center

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

Upcoming Activities

Print & Sculpt

Thursday 8

10:00am – 12:00pm

Last chance to join this fun and creative class!

UPMC Table

Tuesday May 6th at 9:30am

A Service Coordinator will be here to help answer any questions about programs, healthcare, or other assistance

Arts & Crafts

Wednesday May 7th & May 21st at 12:30pm

This Class is provided by CCAC



Movie & Discussion

Friday May 9th at 12:30pm

Movie: Conclave

Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trial of deep secrets that could shake the very foundation of the Roman Catholic Church. Rated PG

Runtime 2hours

Allegheny County Treasury Department

Tuesday May 13th at 10:30am



Banking Event

Thursday May 15th at 12:30pm

See the attached flyer for more details

Turtle Creek Senior Center

519 Penn Ave
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Monday – Friday 9am – 3pm

Upcoming Activities



Pokeno Party

Friday May 16th

Cost \$5.00

Price includes Lunch and 10 games ok Pokeno

River Casino Trip

Monday May 19th

OPT needed to go on the trip

All You Can Play Bingo and Lunch

Thursday May 22nd at 12:30pm

Cost \$10.00

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



Cooking for Crowds

Friday May 23rd

12:30pm – 3:00pm

This workshop will provide information on food safety

See attached flyer for more information

Presented by: Penn State Extension



Pre-Memorial Celebration

Friday May 23rd at 1:00pm

Cost \$5.00

Join us for a hot dog, snacks, games, and laughs

Must be Signed up by Friday May 16th



Wills Project

Friday May 30th

9am – 1pm

See the attached flyer for more details

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