

Monday	Tuesday	Wednesday	Thursday	Friday
Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880				1 10:00am Yoga 10:00am On the Move 11:30am Lunch 1230pm Relaxation Class
4 10:00am Chair Exercise 11:00am Name that Tune 11:30am Lunch 12:00pm Cards	5 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	6 11:00am Intergeneration Program with the KOOL Camp 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	7 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:45am Lunch and Learn	8 10:00am Yoga 10:00am On the Move 11:30am Lunch 12:30pm Relaxation Class
11 10:00am Chair Exercise 11:30am Lunch 11:45am Gambling Awareness Program 12:00pm Cards	12 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	13 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Book Club Meeting	14 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 4:30pm International Village Trip	15 10:00am Yoga 10:00am On the Move 11:30am Lunch 1230pm Relaxation Class 1:00pm Little Italy Day Trip
18 9:30am Rivers Casino Trip 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards	19 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	20 9:00am AHN Van 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	21 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Ice Cream Social	22 10:00am Yoga 10:00am On the Move 11:30am Lunch 1230pm Relaxation Class 12:30pm All You Can Play Bingo
25 10:00am Chair Exercise 11:30am Lunch 11:45 am Ukraine Talk 12:00pm Cards	26 9:00am SilverSneakers 10:00am SilverSneakers 10:30am Area Agency on Aging Overview 11:30am Lunch 12:00 Bingo	27 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Movie and Discussion	28 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Budgeting Class	29 10:00am Yoga 10:00am On the Move 11:30am Lunch 1230pm Relaxation Class 4:00pm Farmer Market Trip