

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed	2 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	3 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 2:00pm Tai Chi (Virtual)	4 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch	5 10:00am Yoga 10:00am On the Move 11:30am Lunch 1230pm Relaxation Class
8 9:00am Blood Pressure Check 10:00am Chair Exercise 11:30am Lunch 11:45am Lunch and Learn 12:00pm Cards	9 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	10 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 2:00pm Tai Chi (Virtual)	11 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch	12 10:00am Yoga 11:30am Lunch 11:45am Deep Breathing Exercise 12:30pm Relaxation Class
15 9:00am Blood Pressure Check 10:00am Chair Exercise 11:30am Lunch 11:45am Lunch and Learn 12:00pm Cards	16 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	17 9:00am AHN Van 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Book Club Meeting	18 9:00am SilverSneakers 10:00am SilverSneakers 1045am Bone Health & Aging 11:30am Lunch	19 10:00am Yoga 11:30am Lunch 1230pm Relaxation Class 1230pm All you can Play Bingo
22 9:00am Blood Pressure Check 10:00am Chair Exercise 11:30am Lunch 11:45am Lunch and Learn 12:00pm Comedy Day	23 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	24 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Sing-A-Long	25 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Movie and Discussion	26 10:00am Yoga 11:30am Lunch 1230pm Relaxation Class 1:00pm Steelers Ireland Pre Game
29 10:00am Chair Exercise 11:30am Lunch 11:30am Fiesta Day 11:45am Lunch and Learn 12:00pm Cards	30 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Goodbye Summer Bingo		Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880	