



Eastern Area
Adult Services

Serving You in Your Community

Senior Center Updates September 2025

With one month into construction at the Turtle Creek Senior Center; there has been a lot of progress. Thank you for all your patience and understanding as we navigate our day-to-day operations to remain open during this time.

We still have no time frame for how long the construction will last. Safety is a priority for all participants and staff during this time.

The Turtle Creek Senior Center will be **closed** on Monday September 1, 2025 in observance of Labor Day.

Information and Assistance Services are available daily at Turtle Creek Senior Center. If you need assistance or have questions, please give Jodi Trovato call at 412-824-6880.

Turtle Creek Senior Center

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

Weekly Activities



Monday

Blood Pressure Screening - 9am

Chair Exercise - 10:00am

\$2.00 per class

Cards – 12:00pm

Tuesday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Bingo - 12:00pm



Wednesday

Cards – 12:00pm

Painting – 12:00pm

Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am

\$2.00 per class

Relaxation Class – 12:30pm



Allegheny Health Network Van

Wednesday September 17th

10am – 2pm



The van will be in the side parking lot



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Lunch and Learns

Monday September 8th

Cholesterol

Presented by; Duquesne School of Nursing

Monday September 15th

Heart Attack/Stroke

Presented by; Duquesne School of Nursing

Monday September 22th

Urinary Tract Infections

Presented by; Duquesne School of Nursing

Monday September 29th

Medication Side Effects

Presented by; Duquesne School of Nursing

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**

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Upcoming Activities



B.Y.O.B Book Club

Wednesday September 17th at 12:30pm
Join the **Bring Your Own Book, Book Club**
and discuss some of your favorite titles

All You Can Play Bingo and Lunch

Friday September 19th at 12:30pm

Cost \$10.00

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



Comedy Club Day

Monday September 22nd at 11:30am

Cost: \$3.00

Price includes Lunch and Laughter

Anyone is welcome to tell a joke before the main performance



Old Fashion Sing a Long

Wednesday September 24th at 1pm

Join us for an afternoon of singing through the decades

Afraid of not knowing the words?

Don't worry! The words will be projected on the wall.



Road to Ireland – Pittsburgh Steelers Celebration

Friday September 26th at 12:45pm

Cost: \$4.00

Join us as we get ready to cheer on the Pittsburgh Steelers in Ireland

Enjoy a hot dog bar, potato salad, and snacks



Upcoming Activities



Movie & Discussion

Thursday September 25th



Movie: Wicked

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.

Rated PG Runtime 2 hours 40 mins



Goodbye Summer Bingo

Tuesday September 30th

Cost \$15.00



Price Includes;

Lunch: Swiss Steak and Mashed Potatoes

Bingo: 15 games of bingo – 2 boards and 1 of each special

Extra bingo boards will be sold

Upcoming Virtual Activities

Tai Chi

Wednesday September 3rd at 2:00pm &

Wednesday September 10th at 2pm

Move, breathe and flow during this gentle, slow, flowing form of exercise

Bone Health and Aging

Thursday September 18th at 10:45am

This class will define bone health, discuss what bone health is not, look at signs and symptoms of decreasing bone health, review how bone health is diagnosed, discuss some lifestyle self-management tools.

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Upcoming OPT Trips

Free Concert at Boyce Campus Auditorium

Sunday September 21st at 4pm
Judi Figel w/special guest Kenny Blake

Native American Pow Wow in Dorseyville

Saturday September 27th at 12pm
Cost; \$6.00

Enjoy singing, dancing, drumming, arts, crafts, and native food

Must be signed up one week advance of the trip date. Everyone needs be registered for OPT with money in their e-purse account.



September is National Senior Center Month

National Senior Center Month started as Senior Center Week in 1979, celebrated with a Presidential Proclamation by President Reagan in 1985, and became a full month in September 2007. The National Institute of Senior Centers (NISC), an arm of the National Council on Aging (NCOA), spearheaded the effort to recognize the critical role senior centers play in supporting older adults' health, independence, and community connections.

Volunteers Needed

The Turtle Creek Senior Center has 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