

Monday	Tuesday	Wednesday	Thursday	Friday
Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880		1 11:30am Lunch 11:45am Relaxing and Breathing 12:00pm Painting Class 12:00pm Cards	2 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:30pm How to use Digital Coupons	3 9:30am Humana Table 10:00am Yoga 11:30am Lunch 11:30am Medicare 101 1230pm Relaxation Class
6 9:00am Blood Pressure Check 10:00am Chair Exercise 10:00am Smartphones 101 11:30am Lunch 11:45am Lunch and Learn 12:00pm Cards	7 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	8 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Entertainment	9 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:15pm AI Images – How to Detect Them – virtual class	10 10:00am Yoga 11:30am Lunch 12:30pm Relaxation Class 3:00pm Understanding Bluetooth
13 10:00am Chair Exercise 10:00am Smartphones 101 11:30am Lunch 12:00pm Cards	14 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	15 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 7:00pm Airforce Band	16 9:00am SilverSneakers 10:00am SilverSneakers 10:00am AHN Van 11:30am Lunch 3:00pm How to use Spotify	17 10:00am Yoga 11:30am Lunch 12:30pm Relaxation Class 12:30pm Movie and Discussion 3:00pm Finding Purpose, Wellness, and Community
20 10:00am Chair Exercise 10:00am Smartphones 101 11:30am Lunch 12:00pm Cards	21 9:00am SilverSneakers 9:00am Botanic Garden Walk 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo 12:00pm Intro to AI – virtual class	22 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Halloween All you Can Play Bingo	23 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:30pm Movie & Discussion	24 10:00am Yoga 11:30am Lunch 12:30pm Relaxation Class 1:00pm Intro to AI – virtual class
27 10:00am Chair Exercise 10:00am Smartphones 101 11:30am Lunch 12:00pm Cards	28 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo	29 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Book Club	30 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Soergels Trip 11:30am Lunch	31 10:00am Yoga 10:00am Rivers Casino Trip 11:30am Lunch 12:30pm Relaxation Class