



Eastern Area
Adult Services

Serving You in Your Community

Senior Center Updates

November 2025

In November, the Low Income Home Energy Assistance Program also known as LIHEAP opens. LIHEAP can help you keep your home warm and safe during the coldest seasons. You can apply for a cash grant to help pay your heating bill. The amount received is based on your household size, income, and fuel type. The cash grant is a one-time payment. The grant will be sent directly to your utility provider or fuel company to be credited on your bill.

To qualify for LIHEAP in Pennsylvania, you must meet income requirements, which are set based on your household size. Renters and homeowners are both eligible for benefits. You **do not** need to be on another public assistance program or have unpaid heating bills to qualify.

****Due to the federal government shutdown and lack of federal funding, the 2025-2026 LIHEAP season opening is delayed until December 3, 2025, contingent on availability of federal funding. If the federal government does not reopen or funding is not released to states, Pennsylvania will be unable to begin the normal LIHEAP season until funding is received. Regular LIHEAP applications will not be accepted until the season opens.**

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 November 19th

10am – 2pm



The van will be in the side parking lot



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Lunch and Learns

Monday November 3rd

Mobility & Falls

Presented by; Duquesne School of Nursing

Wednesday November 5th

PA Medi

Monday November 10th

Emotional Well being

Presented by; Duquesne School of Nursing

Friday November 14th

Medicare Fraud

Monday November 10th

Cognitive Health and Memory

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

PA MEDI

Wednesday November 5th at 11:30am

PA MEDI provides easy-to-understand, unbiased help and information for those on Medicare, their families, and caregivers. PA MEDI does NOT sell or recommend Medicare insurance products, insurance agents, or brokers.

Open House:

Turtle Creek Senior Center Advisory Council Meeting

Wednesday November 5th at 12:30pm

Turtle Creek Senior Center has a group of volunteers that are part of the Advisory Council. Members meet monthly to discuss events, give suggestions, and volunteer at the center.

November's meeting will be open to everyone to attend.

Voice Assistants

Thursday November 6th at 1:30pm

Voice assistants are no longer just on your phone! Amazon's Alexa and the Google Home can do everything from playing music to ordering your Uber, from giving news briefs to turning on the lights. Learn about the many devices, current uses, and future implications of this exciting technology.

Facebook

November 7th at 2:00pm

Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Upcoming Activities

Beginning Meditation

Monday November 10th & Monday November 24th at 1pm

This class will teach you to train your mind to achieve a state of awareness, focus, and inner calm through various techniques



Mini Paint & Sip

Wednesday November 12th at 12:00pm

Cost: \$3.00

Join us for lunch followed by painting and sipping.
A pre drawn canvas will be used for the painting.
Advance reservation needed - **Space is limited**

Smartphone Camera Uses Beyond Photography

Thursday November 13th at 3:00pm

Join us to learn about additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.

Internet of Things: Entertainment

Wednesday November 19th at 2pm

The Internet of Things (IoT) has changed the way we shop, watch TV, play video games, and even watch sports! This lecture will explore the many ways we interact with IoT on a day-to-day basis and look at how it's revolutionizing entire industries.

Technology for Aging in Place

Thursday November 20th at 1:30pm

In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology.

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Upcoming Activities

Streaming & Smart TVs

Friday November 21st at 12:30pm

Every day, more and more people are “cutting the cord” and canceling their cable subscriptions. Instead, they’re using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You’ll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.

All You Can Play Bingo!

Friday November 21st at 12:30pm

Cost \$10.00

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

Plus: 4 Halloween Special Games – Win either a Trick or Treat!



Center will be closed on

Thanksgiving Day – Thursday November 27th

Day after Thanksgiving – Friday November 28th

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