

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00am Blood Pressure Check 9:30am Humana Table 10:00am Chair Exercise 11:30am Lunch 11:45am Lunch and Learn 12:00pm Cards	2 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	3 10:00pm Advisory Council Mt 11:00am Virtual Tour – London England* 11:30am Lunch 12:00pm Painting Class 12:00pm Cards	4 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:45am Scams Presentation 1:00pm Smartphones 101	5 10:00am Yoga 11:30am Lunch 12:30pm Trim the Tree/Decorating 1:00pm Holiday Movie
8 9:00am Blood Pressure Check 10:00 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 12:30pm Meditation	11 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:00pm Smartphones 101 7:00pm Cranberry Men's Chorus – OPT trip	12 10:00am Yoga 11:30am Lunch 11:30am PA Health and Wellness Presentation
15 10:00am Chair Exercise 11:30am Lunch 11:45am Fyzical Presentation 12:00pm Cards	16 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	17 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:30pm Holiday Gathering	18 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:00pm Smartphones 101	19 10:00am Yoga 11:30am Lunch 1230pm Arts & Crafts
22 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:00pm Cloud Storage*	23 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	24 11:30am Lunch 12:00pm Painting Class 12:00pm Cards 12:00pm Virtual Reality at a Glance*	25 Closed	26 9:00am Rivers Casino Trip 10:00am Yoga 11:30am Lunch 1230pm Paint & Sip
29 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 1:00pm Movie & Discussion	30 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00 Bingo	31 11:30am Lunch 11:45am NYE Fun Facts/Trivia 12:00pm Painting Class 12:00pm Cards	Turtle Creek Senior Center 519 Penn Ave Turtle Creek Pa 15145 412-824-6880	