



**Eastern Area
Adult Services**

Serving You in Your Community

Senior Center Updates April 2026

Senior Companion Program

Are you age 60 and over and feeling lonely or isolated at home? The Senior Companion Program can help. In Allegheny County, the Senior Companion Program serves as a vital lifeline for vulnerable older adults by helping them stay independent and engaged in their own homes. Administered by the Department of Human Services Allegheny County Area Agency on Aging, it pairs trained volunteers—known as Senior Companions—with adults ages 60 and older facing health challenges or isolation, offering companionship that goes beyond mere visits to build meaningful relationships. Easing loneliness through these visits leads to improved outcomes for both your mental and physical health.

Eastern Area Adult Services is a Senior Companion Station and can match older adults with our compassionate companions! If you would like to be referred for the Senior Companion Program or are interested in becoming a Senior Companion please contact the Allegheny County Area Agency on Aging SeniorLine at (412) 350-5460.

Turtle Creek Senior Center

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



Weekly Activities

Monday

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

Virtual Relaxation Class – 1:00pm on Zoom



Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am

\$2.00 per class

Blood Pressure Check

Tuesday April 14th & April 21st
9am – 11am



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Lunch and Learns



Monday April 13th
NFL Draft – Pittsburgh Local Football Stars

Tuesday April 14th
Medication Safety
Presented by; Duquesne School of Nursing



Thursday April 16th
PA Health & Wellness



Tuesday April 21st
Outdoor Safety
Presented by; Duquesne School of Nursing

Thursday April 23rd
Scams & Frauds
Presented by; Allegheny County District Attorneys Office

Friday April 24th
AI Talk



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

Food Delivery Apps

Friday April 3rd
11:00am

Don't want to go out? Learn about some popular apps to get food delivered to your front door.

Learn about YouTube

Monday April 6th
2:00pm

Where can you find cute pets, news, how-to videos, and more? YouTube, of course! Join us for an intro to YouTube.

All You Can Play Bingo!

Friday April 10th
12:30pm
Cost \$10.00



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

Safe and Savvy Smartphone Habits

Friday April 17th
12:30pm

Learn tips and tricks to using your cell phone and staying safe.



Mini Spruce Tree Potting Activity

Monday April 20th
12:15pm

Join us as we plant mini spruce trees in honor of Arbor Day

Limited to 20 people

Join us for lunch before with reservation in advance



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Upcoming Activities

Movie & Discussion

Monday April 24th
1:00pm



Movie: Nuremberg

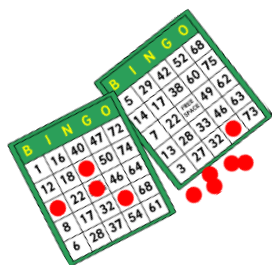
A historical drama detailing the post-WWII trials of high-ranking Nazi officials, focusing on American psychiatrist Douglas Kelley's psychological examination of Hermann Göring

Rated PG13 – Runtime 2hr 28mins

Ride Share Apps

Monday April 27th
10:30am

Apps have changed the way many people get around! This presentation will explore ride sharing apps, which are also known as e-hailing apps



Mini Bingo Bash

Wednesday April 29th

Lunch Starts at 11:30am

Bingo Starts at 12:30pm

Cost \$15.00 (if purchased by March 19th)

See Attached Flyer for Details

April is volunteer month.

The staff at the Turtle Creek Senior Center would like to thank all their volunteers! Your dedication and support to Turtle Creek Senior Center means more than words can express!

