

Senior Center Updates

March 2026

Low Income Home Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance program (LIHEAP) provides cash grants to help Pennsylvania families pay their heating bills.

LIHEAP can help you keep your home warm and safe during the coldest seasons. From **December 3, 2025, to April 10, 2026**, you can apply for a cash grant to help pay your heating bill. You can receive from \$200 to \$1,000 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.

You **do not** need to be on another public assistance program or have unpaid heating bills to qualify.

Your eligibility for LIHEAP is determined by the total annual income and size of your household. The income limit includes cumulative yearly earnings of all members of your household. One person household maximum annual income is \$23,940 and increases by \$8520 per person.

If you have any questions about the LIHEAP program or need assistance filing out an application, contact Jodi Trovato at 412-824-6880 to make an appointment.

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

Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am

\$2.00 per class



Blood Pressure Check

Tuesday March 10, 17, 24, 31

9am – 11am



AHN Van

Wednesday March 25th

11:00am



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Lunch and Learns

Tuesday March 10th

Supplements

Presented by; Duquesne School of Nursing



Friday March 13th

Superstitions & Haunted Pittsburgh Video



Tuesday March 17th

Brain Health

Presented by; Duquesne School of Nursing

Thursday March 19th

Dessert w/Fyzical



Tuesday March 24th

Seasonal Allergies

Presented by; Duquesne School of Nursing



Friday March 27th

Fact or Crap

Tuesday March 31st

Depression

Presented by; Duquesne School of Nursing

All presentations listed will start at 11:45am

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Upcoming Activities

How to Choose a New Computer

Monday March 9th

12:00pm

Overwhelmed by the choices of a new computer? This class will help try to simplify that decision.

Safe and Savvy Smartphone Habits

Monday March 16th

10:30am

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



Banjo Club

Wednesday March 18th

7:00pm

Joins us as we go see the Pittsburgh Banjo Club.

Cost is free

Must be registered for OPT have any money in your Epurse account



All You Can Play Bingo!

Friday March 20th

12:30pm

Cost \$10.00

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

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

Movie & Discussion

Monday March 23rd
12:30pm



Movie: Wicked: For Good

Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.

Rated PG – Runtime 2hr 17mins

Rivers Casino



Thursday March 26th
Leave the center at 9:30am
Leave casino at 2:30pm

Must be registered for OPT have any money in your Epurse account

Medical Marijuana Presentation

Wednesday March 25th
11:30am



Lunch will be provided by Trulieve

If you are interested in joining us for lunch
please RSVP by Friday March 20th
There will be no waiting list for lunch on this day

Staying in Touch as Landline Changes

Monday March 30th
11:00am