



Eastern Area
Adult Services

Serving You in Your Community

Senior Center Updates

May 2026

Across many cultures, May is a time of celebration. Traditional festivals such as May Day mark the changing seasons with dancing, flowers, and community gatherings.

Rain is common in May. It's one of the wetter months in many regions, with passing showers or thunderstorms rather than all-day rain. Nature in May tends to be at its most vibrant because of this. Trees are fully leafed, flowers are in bloom, and wildlife is especially active.

Warmer days are here, and there's no better time to enjoy them together!

At the senior center, we're making the most of the season with activities, social gatherings, and plenty of chances to relax and connect. Whether it's an OPT trip, bingo with friends, or derby day, there's something for everyone to look forward to.

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 Zoom, which is online



Thursday

SilverSneakers – 9am & 10am

\$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am

\$2.00 per class



Cardio Drumming

Every Wednesday in May

12:30pm

Space is Limited



Turtle Creek Senior Center

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

Lunch and Learns

Friday May 1st
AI Talk



Monday May 4th
Aetna Presentation

Thursday May 21st
Breath Pittsburgh



Friday May 22nd
Triple Crown Horse Racing Talk



Friday May 29th
Fraud Talk
Presented by: Citizens Bank

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**

May is Older Americans Month

This year's theme is "Champion Your Health" this theme highlights prevention, wellness, and personal responsibility as a foundation to healthy aging.

Turtle Creek Senior Center

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

Upcoming Activities

Movie & Discussion

Friday May 1st
1:00pm



Movie: Nuremberg

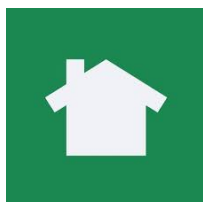
A historical drama detailing the post-WWII trials of high-ranking Nazi officials, focusing on American psychiatrist Douglas Kelley's psychological examination of Hermann Göring

Rated PG13 – Runtime 2hr 28mins

Collage and Create

Every Thursday starting on May 7th
12:30pm – 2:30pm
Cost: Free

See the attached flyer for details



Intro to Nextdoor

Friday May 8th
11:00am

Learn how the Nextdoor app can help you connect to neighbors and stay in the know in your neighborhood.

This class is virtual

Digital Tools for Brain Health

Friday May 8th
12:30pm



Stay sharp with technology! Join this lecture to learn about different ways to engage your brain.

This class is virtual

Turtle Creek Senior Center

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

Upcoming Activities

Baking w/Diane

Monday May 11th

12:30pm

Cost: FREE

See attached flyer for details

Senior Justice Fair

Wednesday May 13th

9:30am – 2:30pm

OPT available – call the senior center to get signed up

See attached flyer for details

All You Can Play Bingo!

Friday May 15th

12:30pm

Cost \$10.00

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

Rivers Casino Trip

Monday May 18th

9:30am – 2:00pm

OPT is needed

Derby Day

Friday May 22nd

Cost: \$6.00

See the attached flyer for details

UPMC Senior Health and Fitness Day

Wednesday May 27th

9:00am – 1:00m-[m

Free for all UPMC for Life Members

OPT available – call the senior center to get signed up