

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:15pm Movie and Discussion	4 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	5 9:00am Pop up Farmer Market 10:30am Council Meeting 11:30am Lunch 12:30pm Cardio Drumming 12:30pm Painting	6 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Root Beer Float Party and History	7 10:00am Yoga 11:30am Lunch 11:45pm Trivia 3:00pm Digital Scrapbooking**
10 10:00am Chair Exercise 11:00am Meditation at RCC 11:30am Lunch 11:45am Alzheimer's Presentation 12:00pm Cards	11 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	12 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting 1:00pm ARIA Presentation	13 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 4:30pm Little Italy Days Trip	14 10:00am Yoga 11:30am Lunch *Afterschool asking to use the space in the event of rain
17 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:30pm Baking w/Diane	18 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	19 10:00am AHN Van 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	20 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 3:30pm International Village Trip	21 10:00am Yoga 11:30am Lunch 12:15pm All You Can Play Bingo 4:30pm Gandy Dancer Trip
24 10:00am Chair Exercise 11:30am Lunch 11:30am Hollywood Presentation 12:00pm Cards	25 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	26 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting 7:00pm Banjo Club	27 9:00am SilverSneakers 10:00am SilverSneakers 11:00am Banking Talk RCC 11:30am Lunch	28 10:00am Yoga 11:30am Lunch 12:15pm Nickle Bingo 12:30pm Technology for Aging in Place* 4:00pm Farmer Market Trip
31 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:15pm Pittsburgh Wheel of Fortune			Turtle Creek Senior Center 519 Penn Ave Turtle Creek, Pa 15145 412-824-6880	