

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00am Mahjong 9 & 10am SilverSneakers 11:30am Lunch 11:45am Health Talk 12:00pm Bingo 2:00pm Relaxation Class	2 10:30am Council Meeting 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	3 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:30pm Virtual Museum Tour*	4 10:00am Yoga 11:00am Learn about Voice Assistants* 11:30am Lunch 12:00pm Trip to the Ribs Festival
7 Closed	8 9:00am Blood Pressure Check 9:00am Mahjong 9 & 10am SilverSneakers 11:30am Lunch 11:45am Health Talk 12:00pm Bingo 2:00pm Relaxation Class	9 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	10 9:00am SilverSneakers 10:00am SilverSneakers 11:00am Transportation Talk RCC 11:30am Lunch	11 10:00am Yoga 11:30am Lunch 11:45am Discussion of 9/11 12:30pm Movie & Discussion
14 10:00am Chair Exercise 11:30am Lunch 11:00am Meditation at RCC 11:45am What's the Price Game 12:00pm Cards	15 9:00am Blood Pressure Check 9:00am Mahjong 9 & 10am SilverSneakers 11:30am Lunch 11:45am Health Talk 12:00pm Bingo 2:00pm Relaxation Class	16 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	17 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Humana Presentation 11:30am Lunch	18 10:00am Yoga 11:30am Lunch 12:15pm All You Can Play Bingo 12:30pm Streaming and Smart TVs*
21 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:30pm Baking w/Diane	22 9:00am Blood Pressure Check 9:00am Mahjong 9 & 10am SilverSneakers 11:30am Lunch 11:45am Health Talk 12:00pm Bingo 2:00pm Relaxation Class	23 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	24 9:00am SilverSneakers 9:30am Rivers Casino Trip 10:00am SilverSneakers 11:30am Lunch	25 10:00am Yoga 11:00am Learn about VPNs* 11:30am Lunch 12:15pm Nickle Bingo
28 10:00am Chair Exercise 11:30am Lunch 11:00am Meditation at RCC 12:00pm Cards 12:30pm Pittsburgh Wheel of Fortune	29 9:00am Mahjong 9 & 10am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	30 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	Turtle Creek Senior Center 519 Penn Ave Turtle Creek, Pa 15145 412-824-6880	