

Monday	Tuesday	Wednesday	Thursday	Friday
Turtle Creek Senior Center 519 Penn Ave Turtle Creek, Pa 15145 412-824-6880			1 9:00am SilverSneakers 10:00am SilverSneakers 11:00am Intro to Translation Tools* 11:30am Lunch	2 10:00am Yoga 11:30am Lunch 12:30pm Google Workspace* 12:30pm Pumpkin Decorating
5 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:00pm Instagram Basic*	6 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	7 10:30am Council Meeting 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	8 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Strip District Trip 11:30am Lunch	9 10:00am Yoga 11:30am Lunch 12:00pm Oktoberfest Trip 12:15pm All You Can Play Bingo
12 10:00am Chair Exercise 11:30am Lunch 12:00pm Cards 12:30pm Baking w/Diane	13 9:00am SilverSneakers 9:00am Mahjong 10:00am Humana Table 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	14 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	15 9:00am SilverSneakers 10:00am SilverSneakers 10:00am Soergels Trip 11:30am Lunch	16 10:00am Yoga 11:00am Wearables at a Glance* 11:30am Lunch 12:15pm Nickle Bingo
19 10:00am Chair Exercise 11:00am Meditation RCC 11:30am Lunch 12:00pm Cards 12:30pm Movie and Discussion	20 9:00am SilverSneakers 9:00am Mahjong 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	21 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	22 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:45am Trivia w/PA Health & Wellness 1:00pm Baking at E. McKeesport	23 10:00am Yoga 10:00am Ross Park Mall Trip 11:30am Lunch 11:45am NeuroAxis Rehabilitation Services Talk
26 10:00am Chair Exercise 11:00am Meditation RCC 11:30am Lunch 12:00pm Cards 12:00pm Halloween Celebration w/the kids	27 9:00am SilverSneakers 9:00am Mahjong 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	28 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	29 9:00am Senior Justic Expo Trip 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch	30 10:00am Yoga 11:30am Lunch 12:30pm Pop up Halloween Bingo