Eastern Area Adult Services
Serving You in Your Community

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am Chair Exercise 11:00am Understanding Internet Plans* 11:30am Lunch 12:00pm Cards	3 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	4 10:30am Council Meeting 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	5 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:30pm Emoji's, GIFs and More*	6 10:00am Yoga 11:00am Virtual Museum Tour* 11:30am Lunch 12:30pm Movie and Discussion
9 10:00am Chair Exercise 11:30am Lunch 11:45am Cookie & Conversation with Community Life 12:00pm Cards	10 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	11 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	12 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 1:00pm Baking East Mckeesport	13 10:00am Yoga 11:30am Lunch 11:45am Health Insurance Talk 12:15pm Nickle Bingo
16 10:00am Chair Exercise 11:00am Meditation RCC 11:30am Lunch 12:00pm Cards	17 9:00am SilverSneakers 9:00am Mahjong 10:00am Humana Table 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	18 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	19 9:00am SilverSneakers 10:00am SilverSneakers 11:30am Lunch 11:45am PA Health and Wellness	20 10:00am Yoga 11:30am Lunch 11:45am Disaster Preparedness 12:15pm Hands only CPR
23 10:00am Chair Exercise 10:30am How to Choose A New Computer* 11:30am Lunch 12:00pm Cards	24 9:00am SilverSneakers 9:00am Mahjong 10:00am SilverSneakers 11:30am Lunch 12:00pm Bingo 2:00pm Relaxation Class	25 11:30am Lunch 12:00pm Cards 12:30pm Cardio Drumming 12:30pm Painting	26 CLOSED	27 CLOSED
30 10:00am Chair Exercise 11:00am Meditation RCC 11:30am Lunch 12:00pm Cards				

Turtle Creek Senior Center
519 Penn Ave
Turtle Creek, Pa 15145
412-824-6880

Classes are Virtual