Eastern Area Adult Services
Serving You in Your Community

Senior Center Updates
November 2026

In November, the Low Income Home Energy Assistance Program also known as LIHEAP opens. LIHEAP can help you keep your home warm and safe during the coldest seasons. You can apply for a cash grant to help pay your heating bill. The amount received is based on your household size, income, and fuel type. The cash grant is a one-time payment. The grant will be sent directly to your utility provider or fuel company to be credited on your bill.

To qualify for LIHEAP in Pennsylvania, you must meet income requirements, which are set based on your household size. Renters and homeowners are both eligible for benefits. You **do not** need to be on another public assistance program or have unpaid heating bills to qualify.

The Pennsylvania Low-Income Home Energy Assistance Program (LIHEAP) opens for the 2026–2027 season on **November 2, 2026, and runs through April 23, 2027**

If you have any questions about the LIHEAP program or need help filling out an application contact the Turtle Creek Senior Center at 412-824-6880

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

Mahjong - 9:00am
SilverSneakers – 9:00am & 10:00am
$2.00 per class for non SilverSneakers
Bingo - 12:00pm
Relaxation Class – 2:00pm

Wednesday

Cards – 12:00pm
Painting – 12:00pm
Cardio Drumming – 12:30pm

Thursday

SilverSneakers – 9:00am & 10:00am
$2.00 per class for non SilverSneakers

Friday

Yoga – 10:00am
$2.00 per class

Humana

Blood Pressure Check

Tuesday November 3rd & 10th
9:00am – 11:00am

Humana Information Table

Tuesday November 17th
10:00am – 12:00pm

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Monday – Friday 9am – 3pm

Upcoming Activities

Understand Internet Plans

Monday November 2nd
11:00am

Learn about the different parts of a home internet plan. Learn important terminology, from hotspot to bandwidth, and best internet speeds for different kinds of activities. Also learn tips for talking with Internet Service Providers (ISPs) and for saving money on your bill.
This is a virtual class.

Lunch and Learn:
Topic: Brain Health

Tuesday November 3rd
11:45am
Presented by: Duquesne Nursing Students

Emojis, GIFs, and More

Thursday November 5th
1:30pm

You will learn what the most common emojis mean, where to find them on your smartphone keyboard, and when to use them. Learn how to create an avatar using Bitmoji and Memoji. GIFs and Memes are additional ways to add some color to your communications, so we'll demonstrate where to find and create those as well!
This is a virtual class.

Lunch is served daily at 11:30am
for a suggested donation of $2.00
Reservations must be made
two days in advance by calling
the Turtle Creek Senior Center
at 412-824-6880

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Monday – Friday 9am – 3pm

Upcoming Activities

Movie & Discussion
Friday November 6th
12:30pm

Movie: The Devil Wears Prada 2
Set twenty years after the original film, follows Miranda Priestly as she fights to save her fading magazine empire amid the decline of print media and a major corporate crisis
Runtime: 1hr. 59mins. Rated PG-13

Cookie and Conversation with Community Life
Monday November 9th
11:45am

Lunch and Learn:
Topic: The Importance of Health Safety
Tuesday November 10th
11:45am
Presented by: Duquesne Nursing Students

Nickel Bingo

Friday November 13th
12:15pm
Cards are 5¢ a face for regular games
10¢ per face for specials
25¢ per face for the jackpot
12 games of bingo

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Upcoming Activities

PA Health & Wellness

Thursday November 19th
11:45am

Disaster Preparedness and Hands only CPR

Friday November 20th
11:45am
Learn about fire prevention and how to prepare for a natural disaster
You will also learn hands - only CPR

Baking with Diane

Monday November 23rd
12:30pm
Cost: Free

The Turtle Creek Senior Center will be closed Thursday November 26th & Friday November 27th