



Turtle Creek Center

Monthly Schedule April 2018

4/2/2018 2:05:04 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Lunch Social Visit 5:00 AM Yoga PM 10:00 AM Yoga 12:15 PM Cards	3 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	4 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	5 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards 12:15 PM Coloring Class 12:15 PM Stress Relief	6 Lunch Social Visit 1:00 AM GLB Study 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	7
8	9 Lunch Social Visit 10:00 AM Yoga 12:15 PM Arts & Crafts 12:15 PM Cards 5:00 PM Yoga PM	10 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	11 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	12 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. from Forbes 12:15 PM Cards 12:15 PM Stress Relief	13 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	14
15	16 Lunch Social Visit 10:00 AM Yoga 12:15 PM Arts & Crafts 12:15 PM Cards 5:00 PM Yoga PM	17 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	18 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	19 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards 12:15 PM Stress Relief 12:30 PM Psychic	20 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	21
22	23 Lunch Social Visit 10:00 AM Yoga 12:15 PM Arts & Crafts 12:15 PM Cards 5:00 PM Yoga PM	24 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	25 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	26 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards 12:15 PM Stress Relief	27 Lunch Social Visit 1:00 AM GLB Study 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	28

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
29	30 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 5:00 PM Yoga PM					