



Turtle Creek Center

Monthly Schedule August 2018

7/27/2018 3:11:07 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 Lunch Nurse /RN Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	2 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:45 AM Ducky Tour 12:15 PM Cards	3 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	4
5	6 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 5:00 PM Yoga PM	7 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	8 Lunch Nurse /RN Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	9 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Research Registry/Pitt 12:15 PM Cards	10 Lunch Social Visit 10:00 AM Chair Exercise 12:15 PM Wii	11
12	13 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Cards 5:00 PM Yoga PM	14 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	15 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class 6:00 PM GLB Study	16 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	17 Lunch Social Visit 10:00 AM Chair Exercise 11:30 AM Little Italy Days 12:15 PM Wii 1:00 PM GLB Study	18
19	20 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Cards 5:00 PM Yoga PM	21 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	22 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	23 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards	24 Lunch Social Visit 10:00 AM Chair Exercise 12:15 PM Wii	25

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
26	27 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Cards 5:00 PM Yoga PM	28 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	29 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	30 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards	31 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Move-UP 12:15 PM Wii	