



Turtle Creek Center

Monthly Schedule July 2018

6/28/2018 9:45:56 AM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 5:00 PM Yoga PM	3 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	4	5 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Cards	6 Lunch Social Visit 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 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 11:00 AM Travel Tales: India VSA 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	13 Lunch Social Visit 10:00 AM Chair Exercise 12:15 PM Wii	14
15	16 Lunch Social Visit 10:00 AM Yoga 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	20 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Picklesburg 12:15 PM Wii	21
22	23 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 5:00 PM Yoga PM	24 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM Remember When: Summer VSA 10:00 AM SilverSneaker 2 11:00 AM Picnic 12:15 PM Cards 2:00 PM Bingo	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	27 Lunch Social Visit 10:00 AM Chair Exercise 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	31 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards				