



Turtle Creek Center

Monthly Schedule September 2018

8/24/2018 3:13:17 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards	5 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	6 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Boost Your Brain 12:15 PM Cards	7 Lunch Social Visit 10:00 AM Chair Exercise 12:15 PM Wii	8 3:00 PM Irish Festival
9 12:00 PM Kennywood	10 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Cards 5:00 PM Yoga PM	11 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM 911 Photo Tribute 12:15 PM Bingo 12:15 PM Cards 12:30 PM Matter of Balance	12 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	13 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 Boost Your Brain 12:15 PM Cards	14 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM Frick Museum 12:15 PM Wii	15
16	17 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Cards 5:00 PM Yoga PM	18 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards 12:30 PM Matter of Balance	19 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	20 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Boost Your Brain 12:15 PM Cards	21 Lunch Fund Raiser Anthony's Social Visit 10:00 AM Chair Exercise 12:15 PM Wii	22

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
23	24 Lunch Social Visit 10:00 AM Yoga 10:30 AM Nutrition Class 12:15 PM Arts & Crafts 12:15 PM Cards 5:00 PM Yoga PM	25 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo 12:15 PM Cards 12:30 PM Matter of Balance	26 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	27 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Boost Your Brain 12:15 PM Cards	28 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Duquesne Incline Tour 12:15 PM Move-UP 12:15 PM Wii	29 12:00 PM Native American Indian Pow- Wow
30						