



Turtle Creek Center

## Monthly Schedule January 2019

12/17/2018 3:14:50 PM

| SUN | MONDAY                                                         | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                    | THURSDAY                                                                                                                            | FRIDAY                                                                 | SAT |
|-----|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----|
|     |                                                                | 1                                                                                                                                                 | 2<br>Lunch<br>Social Visit<br>10:00 AM Tai Chi<br>12:00 PM Painting Class<br>12:15 PM Cards  | 3<br>Lunch<br>Social Visit<br>9:00 AM Nurse /RN<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2                              | 4<br>Lunch<br>Social Visit<br>10:00 AM Chair Exercise<br>12:00 PM Wii  | 5   |
| 6   | 7<br>Lunch<br>Social Visit<br>10:00 AM Yoga<br>12:15 PM Cards  | 8<br>Lunch<br>Social Visit<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2<br>11:00 AM Wii<br>12:15 PM Bingo                               | 9<br>Lunch<br>Social Visit<br>10:00 AM Tai Chi<br>12:00 PM Painting Class<br>12:15 PM Cards  | 10<br>Lunch<br>Social Visit<br>9:00 AM Nurse /RN<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2                             | 11<br>Lunch<br>Social Visit<br>10:00 AM Chair Exercise<br>12:15 PM Wii | 12  |
| 13  | 14<br>Lunch<br>Social Visit<br>10:00 AM Yoga<br>12:15 PM Cards | 15<br>Lunch<br>Social Visit<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2<br>11:00 AM Aromatherapy<br>11:00 AM Wii<br>12:15 PM Bingo     | 16<br>Lunch<br>Social Visit<br>10:00 AM Tai Chi<br>12:00 PM Painting Class<br>12:15 PM Cards | 17<br>Lunch<br>Social Visit<br>9:00 AM Nurse /RN<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2<br>11:00 AM Dr. from Forbes | 18<br>Lunch<br>Social Visit<br>10:00 AM Chair Exercise<br>12:15 PM Wii | 19  |
| 20  | 21                                                             | 22<br>Lunch<br>Social Visit<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2<br>11:00 AM Wii<br>12:15 PM Bingo                              | 23<br>Lunch<br>Social Visit<br>10:00 AM Tai Chi<br>12:00 PM Painting Class<br>12:15 PM Cards | 24<br>Lunch<br>Social Visit<br>9:00 AM Nurse /RN<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2                             | 25<br>Lunch<br>Social Visit<br>10:00 AM Chair Exercise<br>12:15 PM Wii | 26  |
| 27  | 28<br>Lunch<br>Social Visit<br>10:00 AM Yoga<br>12:15 PM Cards | 29<br>Lunch<br>Social Visit<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2<br>11:00 AM Test Your Senses<br>11:00 AM Wii<br>12:15 PM Bingo | 30<br>Lunch<br>Social Visit<br>10:00 AM Tai Chi<br>12:00 PM Painting Class<br>12:15 PM Cards | 31<br>Lunch<br>Social Visit<br>9:00 AM Nurse /RN<br>9:00 AM SilverSneaker 1<br>10:00 AM SilverSneaker 2                             |                                                                        |     |