



Turtle Creek Center

Monthly Schedule February 2019

1/17/2019 3:15:19 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	2
3	4 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	5 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Pittsburgh Party 11:00 AM Wii 12:15 PM Bingo	6 Lunch Social Visit 10:00 AM Tai Chi 11:00 AM Soup Taste 12:00 PM Painting Class 12:15 PM Cards	7 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	8 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	9
10	11 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	12 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM History of Valentines Day 11:00 AM Wii 12:15 PM Bingo	13 Lunch Social Visit 10:00 AM Tai Chi 11:00 AM Watercolor Painting 12:00 PM Painting Class 12:15 PM Cards	14 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. from Forbes 11:00 AM Wii	15 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	16
17	18 Lunch Social Visit 10:00 AM Council 10:00 AM Yoga 12:15 PM Cards	19 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Diets for Diseases 11:00 AM Wii 12:15 PM Bingo	20 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	21 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM Making Body Scrubs 11:00 AM Wii	22 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	23
24	25 Lunch Social Visit 10:00 AM Yoga 12:00 PM Services Available 12:15 PM Cards	26 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	27 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	28 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii		