



Turtle Creek Center

Monthly Schedule March 2019

2/18/2019 2:45:37 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 Donut Making 11:00 AM Wii 12:15 PM Bingo	6 Lunch Social Visit 10:00 AM Tai Chi 10:45 AM Food Stamp Program 12:00 PM Painting Class 12:15 PM Cards	7 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM De-Cluttering VSA 11:00 AM Wii	8 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM aerobics 12:00 PM Wii	9
10	11 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 12:30 PM Healthy Cooking	12 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	13 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	14 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	15 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM aerobics 12:00 PM Wii	16
17	18 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 12:30 PM Healthy Cooking	19 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM CBD Oil 11:00 AM Wii 12:15 PM Bingo	20 Lunch Social Visit 10:00 AM Council 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	21 Lunch Social Visit 9:00 AM SilverSneaker 1 9:30 AM Health Fair 10:00 AM SilverSneaker 2 11:00 AM Wii	22 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM aerobics 12:00 PM Wii	23
24	25 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 12:30 PM Healthy Cooking	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 SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. from Forbes 11:00 AM Wii 12:15 PM Power of Vote	29 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM aerobics 12:00 PM Wii	30
31						