



Turtle Creek Center

Monthly Schedule April 2019

4/1/2019 10:31:44 AM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Lunch Social Visit 12:15 AM Arts & Crafts 10:00 AM Yoga 12:15 PM Cards	2 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Pedestrian Safety 11:00 AM Wii 12:30 PM Bingo	3 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	4 Lunch Social Visit 12:15 AM Power of Vote 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Digestive Health & Nutrition 11:00 AM Wii	5 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	6
7	8 Lunch Social Visit 12:15 AM Arts & Crafts 10:00 AM Yoga 12:15 PM Cards	9 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM Pittsburgh Pirates VSA 11:00 AM Wii 12:30 PM Bingo	10 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	11 Lunch Social Visit 12:15 AM Power of Vote 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. from Forbes 11:00 AM Wii	12 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	13
14	15 Lunch Social Visit 12:15 AM Arts & Crafts 10:00 AM Yoga 12:15 PM Cards	16 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM De-Cluttering VSA 11:00 AM Wii 12:30 PM Bingo	17 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	18 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM Hand Strengthening VSA 11:00 AM Wii 12:15 PM Restoration & Relaxation	19 Lunch Social Visit 10:00 AM CarFit 10:00 AM Chair Exercise 12:00 PM Wii	20
21	22 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	23 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:30 PM Bingo	24 Lunch Social Visit 10:00 AM Tai Chi 12:00 PM Painting Class 12:15 PM Cards	25 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Restoration & Relaxation	26 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	27

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
28	29 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards 12:15 PM CCAC Class	30 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Emotional/Psychological Abuse 11:00 AM Wii 12:30 PM Bingo				