



Turtle Creek Center

Monthly Schedule July 2019

6/18/2019 3:08:58 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Lunch Social Visit 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 Wii 12:15 PM Bingo	3 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	4	5 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	6
7	8 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	9 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Medical Marijuana 11:00 AM Wii 12:15 PM Bingo	10 Lunch Social Visit 10:00 AM Tai Chi 10:30 AM Arthritis VSA 12:00 PM United Healthcare 12:15 PM Cards 12:15 PM Painting Class	11 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Medicare Program 11:00 AM Wii	12 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	13
14	15 Lunch Social Visit 12:00 AM Pressed Flowers 10:00 AM Yoga 12:15 PM Cards	16 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	17 Lunch Social Visit 10:00 AM Council 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class 7:00 PM Banjo Club	18 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	19 Lunch Social Visit 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 Nutrition Class 11:00 AM Wii 12:15 PM Bingo	24 Lunch Social Visit 10:00 AM Tai Chi 11:30 AM 15104 Senior Project 12:15 PM Cards 12:15 PM Painting Class	25 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM Friends, Foe, and Health VSA 11:00 AM Wii	26 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Picklesburg 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	30 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Nutrition Class 11:00 AM Wii 12:15 PM Bingo	31 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class			