

Monthly Schedule June 2019



Turtle Creek Center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	4 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	5 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	6 Lunch Social Visit 9:00 AM Nurse /RN 10:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 11:30 AM Fashion & History at Belmont	7 Lunch Social Visit 12:00 AM Wii 10:00 AM Chair Exercise	8
9	10 Lunch Social Visit 10:00 AM Yoga 10:30 AM Pressed Flowers 12:15 PM Cards	11 Lunch Farmers Market Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	12 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	13 Lunch Social Visit 9:00 AM Nurse /RN 10:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:00 PM Arts Festival	14 Lunch Social Visit 12:00 AM Wii 10:00 AM Chair Exercise	15 CLO
16	17 Lunch Social Visit 10:00 AM Yoga 12:15 PM Cards	18 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Bingo	19 Lunch Social Visit 10:00 AM Council 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	20 Lunch Social Visit 9:00 AM Nurse /RN 10:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	21 Lunch Social Visit 12:00 AM Wii 10:00 AM Chair Exercise	22 CLO
23	24 Lunch Social Visit 10:00 AM Yoga 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 Bingo	26 Lunch Social Visit 10:00 AM Tai Chi 12:15 PM Cards 12:15 PM Painting Class	27 Lunch Social Visit 9:00 AM Nurse /RN 10:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii 12:15 PM Arts & Crafts	28 Lunch Social Visit 12:00 AM Wii 10:00 AM Chair Exercise	29
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