



Turtle Creek Center

Monthly Schedule August 2019

7/16/2019 12:19:38 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	2 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii 10:30 AM Strip District	3
4	5 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	6 Lunch Social Visit 12:15 AM Bingo 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Nutrition Class 11:00 AM Wii	7 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	8 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. From Forbes (H/W) 11:00 AM Wii	9 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	10
11	12 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 12:30 PM Arts & Crafts	13 Lunch Social Visit 12:15 AM Bingo 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Nutrition Class 11:00 AM Wii	14 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class 4:00 PM International Village	15 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	16 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii 11:30 AM Little Italy Days	17
18	19 Lunch Social Visit 10:00 AM Yoga (H/W) 11:00 AM Health Fair 12:15 PM Cards	20 Lunch Social Visit 12:15 AM Bingo 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Nutrition Class 11:00 AM Wii	21 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	22 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	23 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	24

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
25	26 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	27 Lunch Social Visit 12:15 AM Bingo 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Nutrition Class 11:00 AM Wii	28 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	29 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Wii	30 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii 11:00 AM Steelers Bingo/History	31