



Turtle Creek Center

Monthly Schedule September 2019

8/12/2019 3:26:37 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3 Lunch Bingo Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	4 Lunch Social Visit Tai Chi (H/W) 11:00 AM Bus Pass Information (new) 12:15 PM Cards 12:15 PM Painting Class	5 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:30 PM CCAC Class	6 Lunch Social Visit 8:00 AM AARP Driving 10:00 AM Chair Exercise 12:00 PM Wii	7
8	9 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness	10 Lunch Bingo Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	11 Lunch Social Visit Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	12 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	13 Lunch Social Visit 8:00 AM AARP Driving 10:00 AM Chair Exercise 12:00 PM Wii	14
15	16 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness	17 Lunch Bingo Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	18 Lunch Social Visit Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	19 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	20 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	21
22	23 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness	24 Lunch Bingo Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	25 Lunch Social Visit Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	26 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	27 Lunch Social Visit 8:00 AM AARP Driving 10:00 AM Chair Exercise 12:00 PM Wii	28
29 12:00 PM Native American Indian Pow- Wow	30 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness					