



Turtle Creek Center

Monthly Schedule October 2019

9/19/2019 8:21:07 AM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Skins & Skulls 12:15 PM Bingo	2 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	3 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	4 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii 12:15 PM Phipps	5
6	7 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness	8 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:00 PM United Healthcare 12:15 PM Bingo	9 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	10 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	11 Lunch Social Visit 10:00 AM Chair Exercise 11:00 AM Soergels Orchard 12:00 PM Wii	12
13	14 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	15 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Medicare Fraud 12:15 PM Bingo	16 Lunch Social Visit 10:00 AM Council 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	17 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) 12:30 PM CCAC Class	18 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	19
20	21 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards 1:00 PM Walking for Wellness	22 Lunch Social Visit 9:00 AM Bingo 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Back and Knee Therapy Presentation	23 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	24 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:30 PM CCAC Class	25 Lunch Social Visit 10:00 AM Chair Exercise 12:00 PM Wii	26
27	28 Lunch Social Visit 9:30 AM Arts & Crafts 10:00 AM Yoga (H/W) 12:15 PM Cards	29 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:15 PM Bingo	30 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	31 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2		