



Turtle Creek Center

Monthly Schedule December 2019

11/12/2019 2:15:33 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 CLO	2 Lunch Social Visit 10:00 AM Yoga (H/W) 11:30 AM Encompass Health 12:15 PM Cards	3 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	4 Lunch Social Visit 10:00 AM Painting Class 10:00 AM Tai Chi (H/W) 11:00 AM Holiday Party 12:15 PM Cards	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 10:00 AM Chair Exercise 10:00 AM Wii	7
8	9 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	10 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	11 Lunch Social Visit 10:00 AM Painting Class 10:00 AM Tai Chi (H/W) 12:15 PM Cards	12 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	13 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii 11:00 AM Holiday Market/Santa Display	14 CLO Palisades Oldies Dance
15	16 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	17 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	18 Lunch Social Visit 10:00 AM Painting Class 10:00 AM Tai Chi (H/W) 12:15 PM Cards	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 10:00 AM Wii 12:30 PM Tree Ornaments	21 CLO
22	23 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	24 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	25	26 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	27 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	28
29	30 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	31 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo				