



Turtle Creek Center

Monthly Schedule January 2020

12/23/2019 3:05:15 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	3 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	4
5	6 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	7 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	8 Lunch Social Visit 10:00 AM Tai Chi (H/W) 11:00 AM Stress, Relaxation, & Quality of Life VSA 12:15 PM Cards 12:15 PM Painting Class	9 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	10 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	11
12	13 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	14 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	15 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	16 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM Self Confidence & Health VSA 11:00 AM Dr. From Forbes (H/W)	17 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	18
19	20	21 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	22 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	23 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:30 AM A Century of Music VSA	24 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	25

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26	27 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	28 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 12:15 PM Bingo	29 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	30 Lunch Social Visit 9:00 AM Nurse /RN 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	31 Lunch Social Visit 10:00 AM Chair Exercise 10:00 AM Wii	