



Turtle Creek Center

Monthly Schedule March 2020

2/17/2020 3:08:30 PM

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Lunch Social Visit 10:00 AM Yoga (H/W) 12:15 PM Cards	3 Lunch Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 10:00 AM Wii 11:00 AM Clear Caption Phones 12:15 PM Bingo	4 Lunch Social Visit 10:00 AM Tai Chi (H/W) 11:00 AM Encompass Health 12:15 PM Cards 12:15 PM Painting Class	5 Lunch Nurse /RN Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 12:30 PM CCAC Class	6 Lunch Social Visit 10:00 AM Wii 11:00 AM Chair Exercise 11:00 AM Meditation	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 10:30 AM United Healthcare 12:15 PM Bingo	11 Lunch Social Visit 10:00 AM Tai Chi (H/W) 11:30 AM Services Available 12:15 PM Cards 12:15 PM Painting Class	12 Lunch Nurse /RN Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	13 Lunch Social Visit 10:00 AM Wii 11:00 AM Chair Exercise 11:00 AM Meditation	14
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 Council 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	19 Lunch Nurse /RN Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2 11:00 AM Dr. From Forbes (H/W)	20 Lunch Social Visit 10:00 AM Wii 11:00 AM Chair Exercise 11:00 AM Meditation	21
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 Lunch Social Visit 10:00 AM Tai Chi (H/W) 12:15 PM Cards 12:15 PM Painting Class	26 Lunch Nurse /RN Social Visit 9:00 AM SilverSneaker 1 10:00 AM SilverSneaker 2	27 Lunch Social Visit 10:00 AM Wii 11:00 AM Chair Exercise 11:00 AM Meditation	28

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
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				