

BOND PARK TOTAL LIFE CENTER

May 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	1	2	3	4	5	6
A	Music with G	Ukelele	Sing a Long	Trivia Battle	Yoga w Pat	Saturday Daybreak At BOND PARK
B	Matching	Sudoku	Flute w Robin	Garden Club	Anagrams	
C	Monday Movie	Pianist	Matching	Music & Memory	Arts and Crafts	
	8	9	10	11	12	13
A	Music with G	Ukelele	Pat Smith	Health Talk	Yoga w Pat	
B	Matching	Sudoku	Flute w Robin	Garden Club	Anagrams	
C	Monday Movie	Pianist	Matching	Music & Memory	Arts and Crafts	
	15	16	17	18	19	20
A	Music with G	Ukelele	Sing a Long	Trivia Battle	Yoga w Pat	Saturday Daybreak At RALEIGH TLC
B	Matching	Sudoku	Flute w Robin	Andre Dance	Anagrams	
C	Monday Movie	Pianist	Matching	Music & Memory	Arts and Crafts	
	22	23	24	25	26	27
A	Music with G	Ukelele	Sing a Long	Health Talk	Yoga w Pat	
B	Matching	Sudoku	Flute w Robin	Garden Club	Anagrams	
C	Monday Movie	Pianist	Matching	Music & Memory	Arts and Crafts	
	29	30	31			
A	CLOSED MEMORIAL DAY	Ukelele	Sing a Long			
B		Sudoku	Flute w Robin			
C		Pianist	Matching			

DAILY SCHEDULE

7:00-9:30 Breakfast/Coffee Talk
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 10:30-11:30 See Calendar **(A)**
 11:30-12:00 Life Skills
 12:00-1:00 Lunch
 1:00-1:45 Relaxation/Social

1:45-2:15 Afternoon Exercise
 2:15-3:15 See Calendar **(B)**
 3:15-3:30 Snack
 3:30-4:00 Life Skills
 4:00-4:30 See Calendar **(C)**
 4:30-5:00 See Calendar **(D)**
 5:00-6:00 Social Time



Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Danielle Norris
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 919.460.9008 <https://resourcesforseniors.org/day-centers/>