

# GARNER TOTAL LIFE CENTER

## September 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A					1 Pom Pom Flags	2 Saturday Daybreak At BOND PARK
B					Sports Pennants	
C					Penny Slide	
A	4 <b>CLOSED FOR LABOR DAY</b>	5 Sequence	6 Chef/Cookies	7 Astronaut	8 Hedgehogs	9
B		Monster Trucks	Torn Star Wreath	Military Men	BINGO	
C		Find It	Family Feud	I Spy	Golf	
A	11 Healthy Teeth	12 Tissue Paper Fire Art	13 Beach BINGO	14 Rockets	15 Corn Hole	16 Saturday Daybreak At RALEIGH TLC
B	Van Gogh Art	Hot Air Balloons	Sunset Shadows	Mailboxes	Amelia Earhart	
C	Seek and Find	Would you Rather?	UNO	Health Talk	Hangman	
A	18 Basketball	19 Police Cars	20 Museum	21 Sequence	22 Cactus	23
B	Table Games	BINGO	Nurses	Corn on the Cob	Apple Cores	
C	Participant Council	Outburst	5 Second Rule	Blurt	Magazine Hunt	
A	25 Pokeno!	26 Fall Puzzle Tree	27 Marble Roll	28 Torn Leaves	29 Hockey	30
B	Bead Heads	Fall Collage	Yarn Dogs	Question Ball	MOVIE	
C	Hangman	Pictureka!	20 Questions	Magazine Search	MOVIE	

### DAILY SCHEDULE

7:00-8:00 Welcome  
 8:00-9:30 Breakfast  
 9:30-10:00 Social Time/ News  
 10:00-10:30 Current Events  
 10:30-11:00 Exercise  
 11:00-11:45 See Calendar (A)  
 11:45-12:00 Brain Fitness

12:00-1:00 Lunch  
 1:00-2:00 Relaxation/Individual Time  
 2:00-2:30 Exercise  
 2:30-3:00 See Calendar (B)  
 3:00-3:30 Snack  
 3:30-4:00 See Calendar (C)  
 4:00-6:00 Social Time/News/Games

