
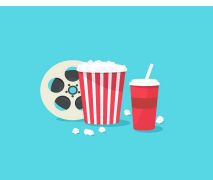


RALEIGH TOTAL LIFE CENTER

September 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
					1	2
A		Participants	Staff		Word Games/Clara	Saturday Daybreak At BOND PARK
B		Carolyn D. 09/02	Stella 09/10		Corn Hole/Charlie	
C		Evelyn J. 09/04	Sherri 09/23		Labor Day Snack/Corinne	
D		Ada S. 09/27	Charlie 09/30		Mental Games/Boris	
	4	5	6	7	8	9
A	CLOSED FOR LABOR DAY	Spa Day/Sherri	Flower Sticks/Mary	Lets Talk about Likes & Dislikes/Karen	Fruit Treat/Clara	
B		Volleyball/Charlie	Corn Hole/Charlie	Staff Meeting// Golfs/Charlie	Parachute/Charlie	
C		Fall Collage/Patrice	Guess The Mystery Object/Boris	BINGO/Patrice	HEALTH TALK/Lorri	
D		Mental Games/Karen	Mental Games/Clara	Mental Games/Mary	Mental Games/Sherri	
	11	12	13	14	15	16
A	Whats Missing/Corinne	Splash Day/Sherri	BINGO/Corinne	Sing A Long/Karen	TALENT SHOW	Saturday Daybreak At RALEIGH TLC
B	Bowling/Mary	Volleyball/Charlie	Corn Hole/Charlie	Staff Meeting// Golfs/Charlie	Parachute/Charlie	
C	9 Letter Block/Patrice	Name That Sound/Mary	Who Am I/Boris	Back to School/Clara	Words Within Words/Patrice	
D	Mental Games/Karen	Mental Games/Clara	Mental Games/Mary	Mental Games/Boris	Mental Games/Sherri	
	18	19	20	21	22	23
A	Caterpillar Bag/Mary	Lets Make Tuna Salad/Boris	Sun Catcher Flower/Corinne	BINGO/Karen	Making Pizza/Patrice	
B	Bowling/Patrice	Volleyball/Charlie	Corn Hole/Charlie	Staff Meeting// Golfs/Charlie	Parachute/Charlie	
C	Name That Tune/Sherri	Magazine Hunt/Karen	HEALTH TALK/Lorri	Puzzle Day/Clara	Stick Craft/Mary	
D	Mental Games/Karen	Mental Games/Clara	Mental Games/Sherri	Mental Games/Mary	Mental Games/Boris	
	25	26	27	28	29	30
A	Fill In The Blank/Corinne	Popsicle Making/Boris	HOPE CHURCH	Joyful Bake/Sherri		
B	Participant Counsel	Volleyball/Charlie	Corn Hole/Charlie	Staff Meeting// Golfs/Charlie		
C	BINGO/Mary	Time Slip/Karen	What Year Is It/Patrice	Book Club/Clara		
D	Mental Games/Clara	Mental Games/Mary	Mental Games/Boris	Mental Games/Karen		

DAILY SCHEDULE

8:00-9:30 Breakfast

9:30-10:00 Current Events

10:00-10:30 Morning Exercise

10:30-11:15 See Calendar (A)

11:15-12:00 Active Game (B)

12:00-1:00 Lunch

1:00-1:45 Individual Activities

1:45-2:15 Afternoon Exercise

2:15-3:00 See Calendar (C)

3:00-3:30 Snack

3:30-4:30 Mental Game (D)

4:30-6:00 Social Time/Music

Open Monday-Friday 8:00am-5:00pm

Center Program Director: Stella Ray

5124 Departure Drive, Raleigh, NC 27616 dtlc@rfsnc.org

919.873.1870 <https://resourcesforseniors.org/day-centers/>

