

BOND PARK TOTAL LIFE CENTER

November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A					1 Music w/Swathi	2 Saturday Daybreak At RALEIGH TLC
B					Dominoes	
C					Gratitudes	
A	4 Chair Yoga w/Pat	5 Sing-a-Long	6 Good Health w/Barbara Robin & David Sing-a-long	7 Balloon Volleyball	8 Rockin' with Kyle	9
B	TLC Olympics	Trivia	Healthy Snacks	Scatagories	Connections	
C	Arts N Crafts	Ishaan Piano		Sing w/Glenda	Storytelling	
A	11 <i>CLOSED FOR VETERANS DAY</i>	12 Card Games	13 Bowling Robin & David Sing-a-long	14 Science Museum	15 I Spy	16 Saturday Daybreak At RALEIGH TLC
B		Golf	Book Club	Match Game	Dominoes	
C		Ishaan Piano		Trivia	Thank You Cards	
A	18 Chair Yoga w/Pat	19 Balloon Volleyball	20 AARP Bingo Robin & David Sing-a-long	21 Gazebo Sing-a-long	22 Chair Tap Dance	23
B	Bingo	Match Game	Trivia	Coloring	Puzzles	
C	TLC Olympics	Ishaan Piano		Bowling	Thankful Ornaments	
A	25 Chair Yoga w/Pat	26 Walking Club	27 Music w/Swathi Robin & David Sing-a-long	28	29 CLOSED FOR THANKSGIVING	30
B	TLC Olympics	U.S. Capitals	Movie+Popcorn	<i>CLOSED FOR THANKSGIVING</i>	<i>CLOSED FOR THANKSGIVING</i>	
C	Arts N Crafts	Ishaan Piano				

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 Social Time
 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 Social Time
 4:00-4:30 See Calendar (C)
 4:30-5:00 Parallel Activities
 5:00-6:00 Social Time

