



RALEIGH TOTAL LIFE CENTER

November 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
					1	2
A		Participants:		Staff:	Thanksgiving Picture/Patrice	Saturday Daybreak At RALEIGH TLC
B		Robert S. 11/8	Lenikki T. 11/21	Lorri 11/6	Volleyball/Charlie	
C		Jon D. 11/9		Karen 11/13	Karaoke/Sherri	
D		Brandon T. 11/20		Clara 11/28	Mental Games/Boris	
	4	5	6	7	8	9
A	Table Games/Patrice	Karaoke/Karen	Bingo/Mary	Joyful Bake/Sherri	Magazine Hunt/Karen	
B	Basketball/Sherri	Volleyball/Charlie	Baseball/Charlie	Golf/Charlie	Parachute/Charlie	
C	Play Instruments by Mr. Ernest	Fill in the Words/Clara	9 Letter Block/Corinne	Anagrams/Boris	Health Talk/Lorri	
D	Mary	Mental Games/Sherri	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	
	11	12	13	14	15	16
A	CLOSED FOR VETERANS DAY	Karaoke/Clara	Crafts/Jennifer	Thankful Poster/Clara	Pumpkin Painting/Corinne	Saturday Daybreak At RALEIGH TLC
B		Golf/Charlie	Parachute/Charlie	Baseball/Charlie	Kickball/Charlie	
C		Puzzles/Mary	Guess the Object/Boris	Write the Story/Patrice	Bingo/Patrice	
D		Mental Games/Karen	Mental Games/Clara	Mental Games/Boris	Mental Games/Mary	
	18	19	20	21	22	23
A	Pumpkin Wreath/Mary	Spa Day/Sherri	Bingo/Corinne	Decorate Your Pumpkin/Clara	Find the Worms/Patrice	
B	Participant Counsel	Golf/Charlie	Parachute/Charlie	Volleyball/Charlie	Basketball/Charlie	
C	Table Games/Clara	Rollercoasters/Karen	Interesting Food Facts/Boris	Health Talk/Lorri	Departure Word Find/Corinne	
D	Mental Games/Sherri	Mental Games/Clara	Mental Games/Mary	Mental Games/Boris	Mental Games/Karen	
	25	26	27	28	29	30
A	Decorate Christmas Tree	Bingo/Jennifer		CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	
B	Golf/Mary	Basketball/Charlie				
C	Floor Tick Tac Toe/Karen	Karaoke/Boris				
D	Mental Games/Sherri	Mental Games/Mary				

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

Office: 919.873.1870/ Cell: 919-630-0408/ Fax: 919-873-1872// <https://resourcesforseniors.org/day-centers/>