

BOND PARK TOTAL LIFE CENTER

December 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Good Health w/Barbara	Ukelele Trio	Charles Magician	Balloon Volleyball	Rockin' with Kyle	Saturday Daybreak At RALEIGH TLC
B	Ukelele w/Holly	Match Game	Robin & David Sing-a-long	Sing w/Glenda	Line Dance w/Pat	
C	Deck the Halls	Bowling	Yoga w/Lekshin	Christmas Cookies	Charlie Brown Christmas	
	9	10	11	12	13	14
A	Walking Club	Ukelele Trio	AARP Bingo	Ivan Ukelele	Hangman	
B	Peak City Singers	Line Dance w/Pat	Robin & David Sing-a-long	Sing w/Glenda	Ring Toss	
C	Storytelling	Match Game	Yoga w/Lekshin	Holiday Cards	A Christmas Story	
	16	17	18	19	20	21
A	Yoga w/ Pat	Ukelele Trio	Rick +6 Ukelele Jam	Good Health w/Barbara	Lingo	Saturday Daybreak At RALEIGH TLC
B	Bingo	Match Game	Robin & David Sing-a-long	Ivan Ukelele	Coloring	
C	Christmas Ornaments	Scategories	Yoga w/Lekshin	Holiday Gift Bags	It's a Wonderful Life Pt.1	
	23	24	25	26	27	28
A	Music w/Swathi	<i>CLOSED FOR CHRISTMAS</i>	<i>CLOSED FOR CHRISTMAS</i>	<i>CLOSED FOR CHRISTMAS</i>	Uno	
B	Hot Cocoa + Cider				Music w/Swathi	
C	It's a Wonderful Life Pt. 2				Elf	
	30	31				
A	Music w/Swathi	Ukelele Trio				
B	New Year's Party Favors	New Year's Resolutions				
C	Bowling	Bean Bag Toss				

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

