

BOND PARK TOTAL LIFE CENTER

JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A			CLOSED New Year's Day	Balloon Volleyball	Walking Club	Saturday Daybreak At RALEIGH TLC
B		Puzzles		Word Games		
C		Sing-a-long w/Glenda		Arts & Crafts		
	6	7	8	9	10	11
A	Yoga w/Pat	Ukelele Trio	Ivan Ukelele	Good Health w/Barbara	US Capitals	
B	Balloon Volleyball	Bean Bag Toss	Robin, David & Claudia Trio	Bowling	Snowflake Making	
C	Scategories	Match Game	Dominos	Word Games	Trivia w/Students	
	13	14	15	16	17	18
A	Yoga w/Pat	Ukelele Trio	AARP Bingo	The Bondettes	TLC Olympics	Saturday Daybreak At RALEIGH TLC
B	Holly & Family folk music	Word Games	Robin, David & Claudia Trio	Coloring	Dominos	
C	Walking Club	Puzzles	Arts & Crafts	Sing-a-long w/Glenda	Trivia w/Students	
	20	21	22	23	24	25
A	CLOSED MARTIN LUTHER KING, JR. DAY	Ukelele Trio	Match Game	Word Games	Line Dancing	
B		Bowling	Robin, David & Claudia Trio	Ring Toss	Coloring	
C		Storytelling	Balloon Volleyball	Walking Club	Trivia w/Students	
	27	28	29	30	31	
A	Yoga w/Pat	Ukelele Trio	AARP Bingo	Dominos	Q&A Beach Ball	
B	Holly & Family folk music	Coloring	Robin, David & Claudia Trio	Match Game	Puzzles	
C	Arts & Crafts	Scategories	Word Games	Sing-a-long w/Glenda	Ivan Ukelele	

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

