

EAST WAKE TOTAL LIFE CENTER

JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A			CLOSED New Years Day	New Year Hat - SS	Deal or no Deal - All	Saturday Daybreak At RALEIGH TLC
B				Trivia - All	Table Game - All	
A	6 New Year Resolution - JT	7 Health Talk - JK	8 BINGO - All	9 On the Road - All	10 Participants Choice - All	11
B	Trivia - All	Trivia - All	Table Game - All	Board Game - All	Trivia - All	
A	13 Painting - All	14 Painting Sweets - SS	15 BINGO - All	16 Family Feud - All	17 MLK Day - JT	Saturday Daybreak At RALEIGH TLC
B	Table Game - All	Music Therapy - All	Art Therapy - All	Trivia - All	I Spy - All	
A	20 CLOSED MARTIN LUTHER KING, JR DAY	21 Health Talk - JK	22 BINGO - All	23 Bean Mosaic - SS	24 This was the Year - All	25
B		Trivia - All	Coloring - All	I Spy - All	Trivia - All	
A	27 Art Therapy - All	28 Snow Flake - JT	29 BINGO - All	30 Painting - All	31 Puzzle Game - All	
B	Table Game - All	Trivia - All	Board Game - All	Music Therapy - All	Birthday Celebration - All	

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:00-9:30 Current Events
 9:30-10:00 Morning Exercise
 10:00-11:00 See Calendar (A)
 11:00-11:30 The Price Is Right
 11:30-1:15 Lunch & Relaxation

1:15-2:00 See Calendar (B)
 2:00-2:15 Afternoon Exercise
 2:15-2:30 Snack
 2:30-3:00 Trivia
 3:00-4:00 Let's Make A Deal
 4:00-6:00 Social Time

