

GARNER TOTAL LIFE CENTER

December 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Paint chip Trees	Ornaments	Snow Globes	Tree Decorating	Santa Hats	Saturday Daybreak At RALEIGH TLC
B	Christmas Craft Kits	Popsicle Grinch	Gnomes	Bead Candy Canes	Angles	
C	I Spy	Table Games	Outburst	5 Second Game	Basketball	
	9	10	11	12	13	14
A	Christmas Plates	Gingerbread Man	Elf Yourself	Snow Plates	Snowman Toss	
B	Pokeno!	Snowball Fight	Reindeer	BINGO	Hot Cocoa Craft	
C	UNO	Puzzles	Participant Council	High Low	Magazine Search	
	16	17	18	19	20	21
A	Sticker Tree	Christmas Moose	Snowmen Squares	Gingerbread House	We 3 Kings	Saturday Daybreak At RALEIGH TLC
B	Mittens	Sequence	Wreaths	Polar Bear	Pokeno!	
C	Word Search	Ladder Ball	Anagrams	Health Talk	Trivia	
	23	24	25	26	27	28
A	Lanterns	<i>CLOSED FOR CHRISTMAS</i>	<i>CLOSED FOR CHRISTMAS</i>	<i>CLOSED FOR CHRISTMAS</i>	Yarn Snowmen	
B	Manger Craft				Toboggans	
C	Find It				Collage	
	30	31				
A	BINGO	New Year Resolution				
B	Mosaic Snowflakes	MOVIE				
C	Hangman	MOVIE				

DAILY SCHEDULE

7:00-8:00 Welcome
 8:00-9:30 Breakfast
 9:30-10:00 Social Time/ News
 10:00-10:30 Current Events
 10:30-11:00 Exercise
 11:00-11:45 See Calendar (A)
 11:45-12:00 Brain Fitness

12:00-1:00 Lunch
 1:00-2:00 Relaxation/Individual Time
 2:00-2:30 Exercise
 2:30-3:00 See Calendar (B)
 3:00-3:30 Snack
 3:30-4:00 See Calendar (C)
 4:00-6:00 Social Time/News/Games

