

GARNER TOTAL LIFE CENTER

JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A			CLOSED New Years Day	Toast to the New Year	Snow Shovel Race	Saturday Daybreak At RALEIGH TLC
B				Year Collage	New Year Firework	
C				Trivia	Catch Up	
	6	7	8	9	10	11
A	Ice Skater	Snowy Day Collage	Snowflake Project	Snowman Knockdown	Snow Bird Houses	
B	Hungry Hungry Reindeer	Penguins	BINGO	Eskimos	Snowflakes	
C	20 Questions	Jokes	Magazine Hunt	Scategories	Anagrams	
	13	14	15	16	17	18
A	Snow Tree	Roll A Snowman	Paper Lanterns	Mosaic Snowmen	Shredded Snowmen	Saturday Daybreak At RALEIGH TLC
B	Rocking Snowmen	Sequence	Snowmen Puppets	POKENO!	Smore Trail Mix	
C	Outburst	Question Ball	Pictionary	Health Talk	I Spy	
	20	21	22	23	24	25
A	CLOSED MARTIN LUTHER KING, JR DAY	I have a Dream	Snow Puppets	Olaf	Frosty the Snowman	
B		Peace Plates	Northern Lights	Wintery Cardinals	BINGO	
C		Participant Council	Collage	Trivia	Magazine Search	
	27	28	29	30	31	
A	Scarfs	Elsa Wands	Winter Landscape	Color the Scarf	Bears	
B	POKENO!	Winter Words	Beaded Snowflakes	Sequence	MOVIE	
C	Basketball	Find It	Table Games	Puzzles	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

