



RALEIGH TOTAL LIFE CENTER

JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A		JoAnn-1/13	CLOSED NEW YEAR DAY	Karaoke/Boris	Hangman/Karen	Saturday Daybreak At RALEIGH TLC
B		Louann- 1/13		Cornhole/Charlie	Kickball/Charlie	
C		Boris-1/21		New year "welcome party"/ Staff	Bingo/Mary	
D		Corinne-1/31		Mental Games/Clara	Mental Games/Boris	
	6	7	8	9	10	11
A	Table Games	Karaoke/Patrice	Rice Arts/Patrice	Bingo/Mary	Health Talk/Lorri	
B	Kickball/Wade & Brandon	Parachute/Charlie	Cornhole/Charlie	Golf/Charlie	Parachute/Charlie	
C	Music/Mr. Earnest	New Year activity/Clara	What letter is missing/Corinne	Pass the Bag/Boris	Karaoke/Karen	
D	Mental Games/Karen	Mental Games/Mary	Mental Games/Boris	Mental Games/Clara	Mental Games/Mary	
	13	14	15	16	17	18
A	Tick Tac Toe/Karen	Bingo/Clara	Table Games/Boris	9 Letter Block/Corinne	Bingo/Karen	Saturday Daybreak At RALEIGH TLC
B	Basketball/Wade & Brandon	Kickball/Charlie	Golf/Charlie	Cornhole/Charlie	Parachute/Charlie	
C	Tell a story/Patrice	Make cross/Mary	MLK's Birthday/Clara	Food Tal/Boris	Karaoke/Corinne	
D	Mental Games/Mary	Mental Games/Boris	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	
	20	21	22	23	24	25
A	CLOSED Martin Luther King, JR DAY	Snow Man/Patrice	Hope Church	Karaoke/Corinne	Bingo/Corinne	
B		Parachute/Charlie	Cornhole/Charlie	Golf/Charlie	Kickball/Charlie	
C		Hot Choc. On cold day/Corinne	Hand print craft/Mary	Health Talk/Lorri	Karaoke/Patrice	
D		Mental Games/Karen	Mental Games/Clara	Mental Games/Mary	Mental Games/Boris	
	27	28	29	30	31	
A	Strawman craft/Karen	Who/what/why- Am I? /Boris	Snowman Face/Mary	Bingo/Clara		
B	Golf/Wade & Brandon	Basketball/Charlie	Golf/Charlie	Cornhole/Charlie		
C	Table Games/Corinne	College Bowl Gmaes/Clara	Karaoke/Patrice	Table Games/Cjharley		
D	Mental Games/Clara	Mental Games/Boris	Mental Games/Mary	Mental Games/Clara		

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 10:30-11:15 See Calendar **(A)**
 11:15-12:00 Active Game **(B)**
 12:00-1:00 Lunch

1:00-1:45 Individual Activities
 1:45-2:15 Afternoon Exercise
 2:15-2:45 See Calendar **(C)**
 2:45-3:15 Snack
 3:30-4:30 Mental Game **(D)**
 4:30-6:00 Social Time/Music
 Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Stella Ray

