

BOND PARK TOTAL LIFE CENTER

FEBRUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
						1 Saturday Daybreak At RALEIGH TLC
A						
B						
C						
	3	4	5	6	7	8
A	Yoga w/Pat	Ukelele Trio	Healthy Living w/Barbara	Museum of Natural Science	Puzzles & Games	
B	Ring Toss	Corn Hole	Robin, David & Claudia Music	Balloon Volleyball	Healthy Treats w/Swati	
C	Piano w/Ishaan	Scategories	Bowling	Match Game	Trivia w/Students	
	10	11	12	13	14	15
A	Yoga w/Pat	Ukelele Trio	AARP Bingo	Dominos	Valentine Party	Saturday Daybreak At RALEIGH TLC
B	Ukelele w/Ivan	Word Games	Robin, David & Claudia Music	Ukelele w/Glenda	Golf	
C	Piano w/Ishaan	Walking Club	Valentines	Storytelling	Trivia w/Students	
	17	18	19	20	21	22
A	Yoga w/Pat	Ukelele Trio	Q&A Beach Ball	The Bondettes	Rockin' w/Kyle	
B	Bingo w/Arlene	Seated Line Dancing	Robin, David & Claudia Music	Arts & Crafts	Balloon Volleyball	
C	Piano w/Ishaan	I Spy	Coloring	Scategories	Trivia w/Students	
	24	25	26	27	28	
A	Yoga w/Pat	Ukelele Trio	AARP Bingo	US Maps/Capitals	Ukelele w/Ivan	
B	Peak City Singers	Arts & Crafts	Robin, David & Claudia Music	Ukelele w/Glenda	Movie Day	
C	Piano w/Ishaan	Puzzles	Dominos	Uno	Trivia w/Students	

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 Life Skills
 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 Life Skills
 4:00-4:30 See Calendar **(C)**
 4:30-5:00 Parallel Activities
 5:00-6:00 Social Time

