

EAST WAKE TOTAL LIFE CENTER

FEBRUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A						1 Saturday Daybreak At RALEIGH TLC
B						
A	3 Black History - JT	4 Health Talk - JK	5 BINGO - All	6 Umbrella Craft - SS	7 Bean Bag Toss - All	8
B	Art Therapy - All	Board Game - All	Trivia - All	Coloring - All	Trivia - All	
A	10 Participants Choice - All	11 Valentine Crafts - JT	12 BINGO - All	13 Puzzle Game - All	14 Strawberry Craft - SS	15 Saturday Daybreak At RALEIGH TLC
B	Table Game - All	Trivia - All	Music Therapy - All	Trivia - All	I Spy - All	
A	17 Deal or No Deal - All	18 Health Talk - JK	19 BINGO - All	20 President Day - JT	21 Music Therapy - All	22
B	Music Therapy - All	Trivia - All	Table Game - All	Trivia - All	Trivia - All	
A	24 Pet Activity - SS	25 Art Therapy - All	26 BINGO - All	27 On the Road - All	28 Boart Game - All	
B	Table Game - All	Trivia - All	I Spy - All	Trivia - All	Birthday Celebration	

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

