

GARNER TOTAL LIFE CENTER

FEBRUARY 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A							1 Saturday Daybreak At RALEIGH TLC
B							
C							
A	3	4	5	6	7	8	
B	Groundhogs	Marble Roll	BINGO	"Bee" Mine	Superbowl Scramble		
C	Flying School	Conversation Heart Game	Peanut Craft	Doily Fish	Tailgate Party		
C	Magazine Hunt	UNO	Pictureka!	Sock Search	Twister Toss		
A	10	11	12	13	14	15	Saturday Daybreak At RALEIGH TLC
B	Straw Hearts	Unicorn Craft	Love Owls	Torn Hearts	Cactus Cards		
C	Love U to Pieces	Heart Men	Potato Chip Craft	Q Tip Paintings	Valentine's Party		
C	Puzzles	Anagrams	Ladderball	Tic Tac Toe			
A	17	18	19	20	21	22	
B	Lace'um Up	Flip & Color	Pokeno!	Dot Art	Pizza Hearts		
C	Basketball	Sequence	Silly Heart Puppets	BINGO	Yarn Art		
C	Health Talk	I Spy	Skip Bo	Trivia	Magazine Search		
A	24	25	26	27	28		
B	Lady Bugs	Hippos	Red Light, Green Light	Fancy Fox	MOVIE		
C	BINGO	Scrap Line Art	Sequence	Find What You Love	What's on your Mind?		
C	Search The Page	Word Search	High Low	Participant Council	Find It		

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



Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Jennifer Best
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