

GARNER TOTAL LIFE CENTER

APRIL 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		1	2	3	4	5
A		Yarn Dolls	Wooden Eggs	Decorate Eggs	Frogs	Saturday Daybreak At RALEIGH TLC
B		Musical Birds	Pokeno!	Umbrella Man	Spring Anagrams	
C		Jokes	Family Feud	Magazine Search	Hangman	
	7	8	9	10	11	12
A	Sequence	Yarn Bunny	Butterfly Craft	Sunshine	Lady Bug	
B	Tissue Carrots	Flying Bee	Egg Painting	Egg Basket	BINGO	
C	Kick Ball	UNO	Pictureka!	Beach BINGO	Outburst	
	14	15	16	17	18	19
A	Rainy Puddles	Q-Tip Eggs	Egg Rescue	Color Cross	CLOSED Good Friday	Saturday Daybreak At RALEIGH TLC
B	Bunny House	BINGO	Baby Chicks	Roll the Stone		
C	Anagrams	Search the Pics	Health Talk	Fishing		
	21	22	23	24	25	26
A	Sheep	Caterpillar	Hole Punch Eggs	Bunny Fence	Sequence	
B	Dragonfly	Earth Man	Yarn Cross	Flower Can	Snails	
C	Golf	Basketball	Participant Council	5 Second Rule	I Spy	
	28	29	30			
A	Tulips	Cardinals	Ice Cream Craft			
B	Spring Words	Pokeno!	MOVIE			
C	Find it	Table Games	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



Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Jennifer Best
 201 Methodist Drive, Garner, NC 27529 garnerTLC@rfsnc.org
 919.773.3790 <https://resourcesforseniors.org/day-centers/>