

BOND PARK TOTAL LIFE CENTER

JUNE 2025

	MONDAY		TUESDAY		THURSDAY		FRIDAY		SDB
	2	3	4	5	6	7			
A	US Capitals	Ukelele Trio	AARP Bingo	Walking to Gazebo	Ring Toss	Saturday Daybreak At RALEIGH TLC			
B	TLC Sing-a-long	Balloon Volleyball	Beachball Q&A	Coloring	Stand Up Comedy				
C	Puzzles	Match Game	Robin, David & Claudia Music	Sing-a-long w/Glenda	Uno/Dominos				
	9	10	11	12	13	14			
A	Wordgames	Ukelele Trio	Beach Bingo	"Tea" at the Gazebo	Rockin' w/Kyle				
B	Line Dancing	Snowball Fight	Line Dancing	Barbara Health Talk	Watercoloring				
C	Uno/Dominos	Storytelling	Robin, David & Claudia Music	Sing-a-long w/Glenda	TLC Sing-a-long				
	16	17	18	19	20	21			
A	Walking Club	Ukelele Trio	Beach Bingo	Gazebo Trivia	Swati Music	Saturday Daybreak At RALEIGH TLC			
B	Picnic Game	Basketball	Volleyball	Drawing Class	Word Games				
C	Hot Potato	Arts and Crafts	Robin, David & Claudia Music	Sing-a-long w/Glenda	Corn Hole				
	23	24	25	26	27	28			
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Gazebo Categories	Swati Music				
B	Hangman	Golf	Bowling	Stencil Art	Charades				
C	Watercoloring	Match Game	Robin, David & Claudia Music	Sing-a-long w/Glenda	Mad Libs				
	30								
A	Chair Yoga w/Pat								
B	Flag Decorations								
C	I Love Lucy								

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

