

BOND PARK TOTAL LIFE CENTER

MAY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
				1	2	3
A				Us Maps & Capitals	Becky Musical	Saturday
B				Sing-a-long	Corn Hole	Daybreak
C				w/Abby+Glenda	Trivia & Games	At
				Scategories		RALEIGH
						TLC
	5	6	7	8	9	10
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Barbara Health Talk	Rockin' w/Kyle	
B	Line Dancing	Bowling	Robin, David & Claudia Music	Sing-a-long	Beach Bingo	
C	Ishaan Piano	Arts n Crafts	Picnic Game	w/Abby+Glenda	Swati Piano	
				Dominos		
	12	13	14	15	16	17
A	Chair Yoga w/Pat	Ukelele Trio	The Bondettes	Corn Hole	Ivan Ukele	Saturday
B	Trivia	Walking Club	Robin, David & Claudia Music	Sing-a-long	Golf	Daybreak
C	Ishaan Piano	Coloring	Uno	w/Abby+Glenda	Trivia & Games	At
				Charades		RALEIGH
						TLC
	19	20	21	22	23	24
A	Peak City Singers	Ukelele Trio	AARP Bingo	Coloring	Curling	
B	Match Game	Basketball	Robin, David & Claudia Music	Sing-a-long	Walking Club	
C	Corn Hole	Trivia	Balloon Volleyball	w/Abby+Glenda	Trivia & Games	
				Q&A Beachball		
	26	27	28	29	30	31
A	CLOSED	Ukelele Trio	Ring Toss	Walking Club	Picnic Game	
B	Memorial	Golf	Robin, David & Claudia Music	Sing-a-long	Summer Arts n' Crafts	
C	Day	Beach Bingo	Match Game	w/Glenda	Trivia & Games	
				Jokes and Riddles		

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

Open Monday-Friday 8:00am-5:00pm
 Center Program Director: Beverly Kastens
 120 Maury O'Dell Place, Cary, NC 27513 bondparktlc@rfsnc.org
 919.460.9008 <https://resourcesforseniors.org/day-centers/>

