

BOND PARK TOTAL LIFE CENTER

# MARCH 2026

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SDB</b>
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
A	Chair Yoga w/Pat	Ukelele Trio	Singing W/Pete	Singing/w Clyde	Health Talk W/Barbara	Saturday Daybreak At RALEIGH TLC
B	Golf	Storytelling w/Linda	RDC Musical	Mad Libs	Bowling	
C	Piano & Puzzles	Shamrocks Art	Piano & Games	Watercolors	Trivia w/Students	
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Piano W/Kyle	
B	Balloon Volleyball	Storytelling w/Linda	RDC Musical	Tanzitalian Cooking	Corn Hole	
C	Piano & Puzzles	Sing-a-Long	Piano & Games	Ping Pong Ball Game	Trivia w/Students	
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
A	Chair Yoga w/Pat	Ukelele Trio	Bondettes	Singing/w Clyde	Swati Musical	Saturday Daybreak At RALEIGH TLC
B	Bingo W/Arlene	Storytelling w/Linda	RDC Musical	Indoor Snowball Toss	Hangman	
C	Ring Toss	Drawing w/Caty	Piano & Games	Garden Planning	Trivia w/Students	
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Ivan Ukelele	
B	Match Game	Storytelling w/Linda	RDC Musical	Uno Tourney	Games W/ Vanya	
C	Piano & Puzzles	Dominos	Piano & Games	Spring Decorating	Trivia w/Students	
	<b>30</b>	<b>31</b>				
A	Chair Yoga w/Pat	Ukelele Trio				
B	I Spy	Storytelling w/Linda				
C	Piano & Puzzles	Beach Bingo				

**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

