

EAST WAKE TOTAL LIFE CENTER

MARCH 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Art Therapy - All	Health Talk - JK	BINGO - All	Snow Craft - Ss	Coloring - All	Saturday Daybreak At RALEIGH TLC
B	TrivVia - All	Table Game - All	TrivVia - All	TrivVia - All	Family Feud - All	
	9	10	11	12	13	14
A	Shamrodk - JT	Board Game - All	BINGO - All	Coloring - All	Farm Craft - SS	
B	TrivVia - All	TrivVia - All	Art Therapy - All	Music Therapy - All	TrivVia - All	
	16	17	18	19	20	21
A	Table Game - All	Health Talk - JK	BINGO - All	Kite Activity - JT	Coloring - All	Saturday Daybreak At RALEIGH TLC
B	TrivVia - All	Participants Choice	BINGO - All	Music Therapy - All	Table Game - All	
	23	24	25	26	27	28
A	Flower Craft - SS	Art Therapy - All	BINGO - All	Table Game - All	Spring Time - JT	
B	TrivVia - All	I Spy - All	TrivVia - All	TrivVia All	TrivVia - All	
	30	31				
A	Painting - All	Coloroing - All				
B	TrivVia - All	Birth;day Celebration				

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:00-9:30 Current Events
 9:30-10:00 Morning Exercise
 10:00-11:00 See Calendar **(A)**
 11:00-11:30 The Price Is Right
 11:30-1:15 Lunch & Relaxation

1:15-2:00 See Calendar **(B)**
 2:00-2:15 Afternoon Exercise
 2:15-2:30 Snack
 2:30-3:00 Trivia
 3:00-4:00 Let's Make A Deal
 4:00-6:00 Social Time

