

GARNER TOTAL LIFE CENTER

MARCH 2026

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SDB 7
A	Chime in Group	Butterflies	Parachute	Yard Yahtzee	Peas in a Pod	Saturday Daybreak At RALEIGH TLC
B	Cat in the Hat	Capture the Coin	BINGO	Lily Pads	Pokeno!	
C	Marble Roll	Pictureka!	Sock Search	Pin Together	Trivia	
	9	10	11	12	13	14
A	Tissue Flowers	Human Slot Machine	Gumball Machine	Yarn Flowers	Wishing Shamrocks	
B	Twister Toss	Sequence	Anagrams	Golf	Beach BINGO	
C	Noodle Shoot	Apples to Apples	Health Talk	Logo's	UNO	
	16	17	18	19	20	21
A	Watering Can	Drawing Challenge	Shamrock Scratch off	Sloth	Leprechaun	Saturday Daybreak At RALEIGH TLC
B	Shamrock Man	Green BINGO	Basketball	Sequence	High Low	
C	Magazine Hunt	Participant Council	Table Games	Dominoes	Tic Tac Toe	
	23	24	25	26	27	28
A	Button Cups	Catapult Bullseye	Dandelions	Q tip Painting	BINGO	
B	Beach BINGO	Parachute	Pokeno!	Corn Hole Challenge	Sunflower Art	
C	Puzzles	Anagrams	Hangman	Shape Bands	Roll the number	
	30	31				
A	Building a Frog	Basketball				
B	Sequence	MOVIE				
C	High Low	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

