

BOND PARK TOTAL LIFE CENTER

JUNE 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	1	2	3	4	5	6
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Tanzitalian Cooking	Saturday Daybreak At RALEIGH TLC
B	Word Games	Storytelling w/Linda	RDC Musical	Piano W/ Dan	Trivia	
C	Tilt-a-wheel	Arts and Crafts	Bowling	Mad Libs	Balloon Volleyball	
A	8 St Michael Group	9 Ukelele Trio	10 Singing W/Pete	11 Singing/w Clyde	12 Ivan Ukelele	13
B	Beach Ball Toss	Storytelling w/Linda	RDC Musical	Piano W/ Dan	Health Talk/W Barbara	
C	Match Game	Beach Bingo	Water Coloring	Capitals & Geography	Connections	
A	15 Chair Yoga w/Pat	16 Ukelele Trio	17 AARP Bingo	18 Singing/w Clyde	19 Swati Musical	Saturday Daybreak At RALEIGH TLC
B	Golf	Storytelling w/Linda	RDC Musical	Piano W/ Dan	Cornhole	
C	Arts and Crafts	Name,Place, Animal	Balloon Volleyball	I Spy	Bulletin Board Art	
A	22 Chair Yoga w/Pat	23 Ukelele Trio	24 Bowling	25 Singing/w Clyde	26 Swati Musical	27
B	Sing-a-long	Storytelling w/Linda	RDC Musical	Piano W/ Dan	Games W/Vanya	
C	Piano and Puzzles	First Letter/Last	Dominoes	Tilt-a-wheel	Name that Tune	
A	29 Chair Yoga w/Pat	30 Ukelele Trio				
B	Uno	Storytelling w/Linda				
C	Charades	Movie Day				

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

