

# EAST WAKE TOTAL LIFE CENTER

# JUNE 2026

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SDB</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
A	Art Theraph - All	Health Talk - JK	BINGO - All	Veggie Craft - SS	Painting - All	Saturday Daybreak At <b>RALEIGH TLC</b>
B	TrivVia - All	Table Game - All	TrivVia - All	Musical Therapy - All	TrivVia - All	
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
A	Coloring - All	Beach Ball - JT	BINGO - All	Musical Therapy - All	Family Feud - All	
B	I Spy - All	TrivVia - All	TrivVia - All	Art Therapy - All	TrivVia - All	
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
A	Rock Paints - SS	Health Talk - JK	BINGO - All	Participants Choice	Summertime - JT	Saturday Daybreak At <b>RALEIGH TLC</b>
B	Table Game - All	TrivVia - All	Coloring - All	Musical Therapy - All	TrivVia - All	
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
A	Painting - Sll	Ice Cream Crafts - SS	BINGO - All	Art Therapy - All	Deal or No Deal - All	
B	TrivVia - All	Table Game -All	TrivVia - All	TrivVia - All	Table Game - All	
	<b>29</b>	<b>30</b>				
A	Umbrella Craft - JT	Around the World - All				
B	TrivVia - All	Birthday Celebration - All				

## 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

