

BOND PARK TOTAL LIFE CENTER

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
			1	2	3	4
A			3 Amigos	Singing/w Clyde	CLOSED for Independence Day	Saturday Daybreak At RALEIGH TLC
B			RDC Musical	Piano W/ Dan		
C			Connections/ Word Games	American History Trivia		
A	6 Chair Yoga w/Pat	7 Ukelele Trio	8 Tanzitalian Cooking	9 Singing/w Clyde	10 Piano W/ Kyle	11
B	Songs About...	Storytelling	RDC Musical	Piano W/ Dan	Health Talk/W Barabara	
C	Bowling	Tilt-a-Wheel	Corn Hole	Connections/ Word Games	Arts and Crafts	
A	13 St Michael Group	14 Ukelele Trio	15 AARP Bingo	16 Adi Cello	17 Swati Musical	18 Saturday Daybreak At RALEIGH TLC
B	Word Search	Storytelling	RDC Musical	Piano W/ Dan	Connections/ Word Games	
C	Beach Ball Toss	Puzzles	I Spy	Arts and Crafts	Uno	
A	20 Singing W/Pete	21 Ukelele Trio	22 Ivan Ukelele	23 Singing/w Clyde	24 Swati Musical	25
B	Balloon Volleyball	Storytelling	RDC Musical	Piano W/ Dan	Vanya Arts+Crafts	
C	Connections/ Word Games	Arts and Crafts	Beach Bingo	Dominos	Charades	
A	27 Chair Yoga w/Pat	28 Ukelele Trio	29 AARP Bingo	30 Singing/w Clyde	31 Swati Musical	
B	Corn Hole	Storytelling	RDC Musical	Piano W/ Dan	Dance Party	
C	Arts and Crafts	Connections/ Word Games	Match Game	Bowling	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 Social Time
 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 Social Time
 4:00-4:30 See Calendar (C)
 4:30-5:00 Parallel Activities
 5:00-6:00 Social Time

