

EAST WAKE TOTAL LIFE CENTER

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A			1 BINGO - All	2 Flag coloring - All	3 CLOSED for Independence Day	4 Saturday Daybreak At RALEIGH TLC
B			TrivVia - All	Music Therapy - All		
A	6 Summer Crafts - SS	7 Health Talk - JK	8 BINGO - All	9 Kissing Day - JT	10 Deal or No Deal - All	11
B	TrivVia - All	TrivVia All	Table Game - All	Board Game - All	TrivVia - All	
A	13 Name That Tune - All	14 Puzzle Crafts - SS	15 BINGO - All	16 Around the world - All	17 Ice Cream Activity - JT	18 Saturday Daybreak At RALEIGH TLC
B	Music Therapy - All	TrivVia - All	Table Game - All	TrivVia - All	Board Game - All	
A	20 Watermelon Craft- JT	21 Participants Choice - All	22 BINGO - All	23 Health Talk - JK	24 Art Therapy - All	25
B	Board Game - All	Coloring - All	Table Game - All	TrivVia - All	TrivVia All	
A	27 Painting - All	28 Parents Day - JT	29 BINGO - All	30 Table Game - All	31 Music Therapy	
B	TrivVia - All	I Spy - All	TrivVia - All	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

