

GARNER TOTAL LIFE CENTER

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A			1 Beach BINGO	2 Bomb Pops	3 CLOSED for Independence Day	4 Saturday Daybreak At RALEIGH TLC
B			Gnomes	Word Search		
C			Trivia	UNO		
A	6 Scavenger Hunt	7 Draw Liberty	8 Pool Scoop	9 Watermelon Garland	10 Scuba	11
B	Ring Toss	Beach Scene	Rockn Shark	BINGO	Smores	
C	Fire Knockdown	Bean Bag Toss	Pictureka!	Magazine Hunt	Table Games	
A	13 Pirates	14 Memory Pops	15 Yard Yahtzee	16 Water color Shell	17 Pokeno!	18 Saturday Daybreak At RALEIGH TLC
B	BINGO	Bowling	Puffer Fish	Jug Pull	Washer Toss	
C	Outburst	UNO	High Low	Health Talk	Find It	
A	20 Hawaiian shirt	21 Design a Surf Board	22 BINGO	23 Build a Burger	24 Summer Bucket List	25
B	Parachute	Sand Castle Knockdown	Basketball	Sequence	Beaded Bracelets	
C	Participant Council	Outburst	Jokes	Skip-Bo	Puzzles	
A	27 Twister Toss	28 Pokeno!	29 Pluck a Duck	30 Shooting Star	31 Table Games	
B	Sequence	Horseshoes	Word Search	Logo's	MOVIE	
C	Catch-Up	Golf	Basketball	Red and Blue Toss	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

