

RALEIGH TOTAL LIFE CENTER

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		July Birthdays	1	2	3	4
A	 Ray M.-7/1 Tracy J. 7/4 Paul D. 7/14	Ann B. 7/23 Pearl A. 7/24 Merlene G. 7/27 Mareatha S. 7/27	Zumba Dance/ Ms. Linda	Red White Blue Treat/CA	CLOSED for INDEPENDENCE DAY	Saturday Daybreak At RALEIGH TLC
B			Kickball/Charlie	Parachute/Charlie		
C			Same or Opposite/Boris	4th of July Word Search/MJ		
D			Mental Games/MJ	Mental Games/Boris		
	6	7	8	9	10	11
A	Pinwheel Craft/Mary	Carnival Game/Corinne	Bingo/Patrice	Octopus Craft/MJ	Flag Fan/Mary	
B	Basketball/MJ	Cornhole/Charlie	Golf/Charlie	Kickball/Charlie	Parachute/Charlie	
C	9 Letter Block/Patrice	Musical Chairs/Karen	Spelling Bee/Clara	True or False/Boris	Karaoke/Patrice	
D	Mental Games/Karen	Mental Games/Mary	Mental Games/Boris	Mental Games/Clara	Mental Games/MJ	
	13	14	15	16	17	18
A	Bingo/Karen	Making Hearts/Clara	Summer Collage/Patrice & Baking/ Stella	Baseball/Karen	Tower Build/Corinne	Saturday Daybreak At RALEIGH TLC
B	Basketball/Mary	Kickball/Charlie	Volleyball/Charlie	Parachute/Charlie	Cornhole/Charlie	
C	Balloon Toss/Corinne	Make Ice Cream Pops/MJ	Trivia Plus/Mary	Pass the Bag/Boris	Health Talk/Lorri	
D	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	Mental Games/Mary	Mental Games/Karen	
	20	21	22	23	24	25
A	Bingo/MJ	Make A Flag/Clara	Hope Church & Table Games/Boris	Lady Bug Craft/MJ	Tic Tac Toe/Karen	
B	Basketball/Corinne	Parachute/Charlie	Kickball/Charlie	Cornhole/Charlie	Basketball/Charlie	
C	Table Games/Patrice	Ball Match/Corinne	Balloon Toss/Mary	Before & After/Patrice	Don't Over Think It/Boris	
D	Mental Games/Mary	Mental Games/Karen	Mental Games/Clara	Mental Games/Boris	Mental Games/MJ	
	27	28	29	30	31	
A	Bingo/Patrice	High Low/Corinne	Balloons Pass/ Staff	Making Apple Tree/Karen		
B	Basketball/Boris	Volleyball/Charlie	Basketball/Charlie	Cornhole/Charlie		
C	Table Games/Mary	Balloon Toss/MJ	Puzzles/Clara	Are You Smarter Than A 5th Grader/Boris		
D	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	Mental Games/Mary		

DAILY SCHEDULE

8:00-9:30 Breakfast
9:30-10:00 Current Events
10:00-10:30 Morning Exercise
10:30-11:15 See Calendar **(A)**
11:15-12:00 Active Game **(B)**
12:00-1:00 Lunch

1:00-1:45 Individual Activities
1:45-2:15 Afternoon Exercise
2:15-2:45 See Calendar **(C)**
2:45-3:15 Snack
3:30-4:30 Mental Game **(D)**
4:30-6:00 Social Time/Music

Open Monday-Friday 8:00am-5:00pm
Center Program Director: Stella Ray

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