

BOND PARK TOTAL LIFE CENTER

AUGUST 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A						1
B						Saturday
C						Daybreak At RALEIGH TLC
A	3	4	5	6	7	8
B	Chair Yoga w/Pat	Ukelele Trio	Tanzitalian Cooking	Singing/w Clyde	Swati Musical	
C	Brain Games	Storytelling w/Linda	RDC Musical	Connections	I Spy	
	Beach Bingo	Corn Hole	Balloon Volleyball	Basketball	Summer Sing-a-Long	
A	10	11	12	13	14	15
B	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Swati Musical	Saturday
C	Golf Tourney	Storytelling w/Linda	RDC Musical	Brain Games	Trivia	Daybreak At
	Water Colors	Bowling	Indoor Snowball Fight	Dominos	Puzzles	RALEIGH TLC
A	17	18	19	20	21	22
B	Chair Yoga w/Pat	Ukelele Trio	Singing W/Pete	Bondettes	Ivan Ukelele	
C	Brain Games	Storytelling w/Linda	RDC Musical	Arts and Crafts	Games W/Vanya	
	Stencil Art	Ring Toss	Word Games	Connections	Match Game	
A	24	25	26	27	28	29
B	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Health Talk/W Barabara	
C	Balloon Volleyball	Storytelling w/Linda	RDC Musical	Beach Bingo	Ring Toss	
	Name that Tune	Darts	Ball Toss	Name that Tune	Leaf Art	
A	31					
B	Chair Yoga w/Pat					
C	Movies					
	Puzzles					

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 Break
 12:00-1:00 Lunch
 1:00-1:45 Relaxation/Social

1:45-2:15 Afternoon Exercise
 2:15-3:00 See Calendar (B)
 3:00-3:30 Snack
 3:30-3:45 Social Break
 3:45-4:30 See Calendar (C)
 4:30-5:00 Parallel Activities
 5:00-6:00 Social Time

