

BOND PARK TOTAL LIFE CENTER

SEPTEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		1	2	3	4	5
A		Ukelele Trio	Bulletin Board	Bondettes	Word search	Saturday Daybreak At RALEIGH TLC
B		Storytelling w/Linda	RDC Musical	Ball Toss	Health Talk/W Barbara	
C		Corn Hole	Balloon Volleyball	Capitals & Geography	Name that Tune	
	7	8	9	10	11	12
A	CLOSED for Labor Day	Ukelele Trio	AARP Bingo	Singing/w Clyde	Bowling	
B		Storytelling w/Linda	RDC Musical	Tanzitalian Cooking	Games	
C		Bowling	Basketball	Outdoor Picnic	Name/Place/Animal	
	14	15	16	17	18	19
A	Kirk Tones	Ukelele Trio	Singing W/Pete	Singing/w Clyde	Ivan Ukelele	Saturday Daybreak At RALEIGH TLC
B	Match Game	Storytelling w/Linda	RDC Musical	I Spy	Games	
C	Watercolors	Ring Toss	Corn Hole	Drawing Lessons	Puzzles	
	21	22	23	24	25	26
A	Chair Yoga w/Pat	Ukelele Trio	AARP Bingo	Singing/w Clyde	Three Amigos	
B	Arlene/ Bingo	Storytelling w/Linda	RDC Musical	Dominos	Vanya Arts & crafts	
C	Simon Says	Ball Toss	Tilt & Roll Race	Bowling	Beach Bingo	
	28	29	30			
A	Chair Yoga w/Pat	Ukelele Trio	Back to School Memories			
	Sing-a-long w/Gerry	Storytelling w/Linda	RDC Musical			
C	Puzzles	Corn Hole	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 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

