

EAST WAKE TOTAL LIFE CENTER

AUGUST 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A						1
B						Saturday Daybreak At RALEIGH TLC
A	3 Watermelon Craft - SS	4 Health Talk - JK	5 BINGO - All	6 Painting - All	7 Deal or No Deal - All	8
B	Trivia - All	Art Therapy - All	Trivia - All	Board Game - All	Trivia - All	
A	10 Participants Choice - All	11 Table Game - All	12 BINGO - All	13 Icecream Craft - JT	14 Music Therapy - All	15
B	Coloring - All	Trivia - All	BINGO - All	Music Therapy - All	I Spy - All	Saturday Daybreak At RALEIGH TLC
A	17 Art Therapy - All	18 Bean Mosaic - SS	19 BINGO - All	20 Health Talk - JK	21 Blueberry Craft - JT	22
B	Table Game - All	Board Game - All	Trivia - All	Trivia - All	Table Game - All	
A	24 Rock Painting - SS	25 Family Feud - All	26 BINGO - All	27 Dog Day Craft - JT	28 Around the World - All	29
B	Trivia - All	I Spy - All	Trivia - All	Coloring - All	Trivia - All	
A	31 Participants Choice - All					
B	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

