

EAST WAKE TOTAL LIFE CENTER

SEPTEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		1	2	3	4	5
A		Artff Therapy - All	Bingo - All	Health Talk - JK	Table Game - All	Saturday Daybreak
B		Board Game - All	Table Game - All	Music Therapy - All	Trivia - All	At RALEIGH TLC
	7	8	9	10	11	12
A	CLOSED for Labor Day	Fikag Craft - SS	Bingo - All	Participants Choice - All	Deal or No Deal - All	
B		Trivia - All	Art Therapy - All	Trivia - All	I Spy - All	
	14	15	16	17	18	19
A	Self Awareness Activity - JT	Painting - All	Bingo - All	Hot Dog Craft - SS	Coloring - All	Saturday Daybreak
B	Trivia - All	Table Game - All	Trivia - All	Board Game - All	Music Therapy - All	At RALEIGH TLC
	21	22	23	24	25	26
A	Autumn Activity - JT	Health Talk - JK	Bingo - All	Table Game - All	Hat Craft - SS	
B	Trivia - All	Trivia - All	Table Game - All	Bopard Game - All	Trivia - All	
	28	29	30			
A	Hispanic Activity - JT	Around the World - All	Bingo - All			
B	I Spy - All	Trivia - All	Birthday Celebration			

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

