

GARNER TOTAL LIFE CENTER

AUGUST 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A						1
B						Saturday Daybreak At RALEIGH TLC
C						
A	3 Pack A Bag	4 Magazine Flip	5 Bald Eagle	6 USA Crown	7 Uncle Sam	8
B	Passports	Ring Toss	Basketball	BINGO	Pokeno!	
C	Basketball	Find it	Table Games	Puzzles	Outburst	
		U	S	A		
A	10 Pinata	11 Taco Craft	12 Maraca Men	13 Bowling	14 Mariachi Man	15
B	Sequence	Bean Bag Toss	Marble Roll	Wrestling Masks	Beach BINGO	Saturday Daybreak At
C	20 Questions	Jokes	Magazine Hunt	Apples to Apples	Anagrams	RALEIGH TLC
	M	E	X	I	CO	
A	17 Yard Yahtzee	18 Shell Frames	19 Crab Hats	20 SandCastle	21 Lighthouse Plates	22
B	BINGO	Message in a Bottle	Beach BINGO	Can Jam	Pokeno!	
C	Outburst	Parachute	Participant Council	Trivla	Pictionary	
	B	E	A	CH	ES	
A	24 Giraffe	25 Paper Masks	26 Lions	27 Sunset Banner	28 Rhinos	29
B	Make a Word	Weave Mats	Sequence	Bear Hunt	Sequence	
C	Catch Up	Ladder ball	Magazine Search	Health Talk	Table Games	
	A	F	R	I	CA	
A	31 MOVIE					
B	Table Games					
C	Puzzles					

DAILY SCHEDULE

7:00-8:00 Welcome
 8:00-9:30 Breakfast
 9:30-10:00 Social Time/ News
 10:00-10:30 Current Events
 10:30-11:00 Exercise
 11:00-11:45 See Calendar (A)
 11:45-12:00 Brain Fitness

12:00-1:00 Lunch
 1:00-2:00 Relaxation/Individual Time
 2:00-2:30 Exercise
 2:30-3:00 See Calendar (B)
 3:00-3:30 Snack
 3:30-4:00 See Calendar (C)
 4:00-6:00 Social Time/News/Games

