

GARNER TOTAL LIFE CENTER

SEPTEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		1	2	3	4	5
A		Bookmarks	Bookmarks	Duck Pin Bowling	Apple Stamping	Saturday Daybreak At RALEIGH TLC
B		Parachute	Sequence	Sunflowers	Pokeno!	
C		Word Search	Skip Bo	Outburst	UNO	
	7	8	9	10	11	12
A	CLOSED for Labor Day	Star Wreath	Photo Booth	20th Celebration	Pie Craft	
B		Cornhole	Football Craft	Cactus Craft	BINGO	
C		Golf	Bean Bag Toss	High Low	Puzzles	
	14	15	16	17	18	19
A	Hedgehog	Wind Blown	Cup Knockdown	Acorns	Fall Search	Saturday Daybreak At RALEIGH TLC
B	Sequence	Penny Slide	Mushrooms	Yard Yahtzee	Marble Roll	
C	Trivia	5 Sec Rule	Health Talk	Find It	Magazine Hunt	
	21	22	23	24	25	26
A	Giant Leaves	Fall Tree Collage	Owls	Backwards Ball	Torn Leaves	
B	Jug Pull	Darts	Noodle Chunk	Sequence	Bottle Stand	
C	Dice	Ring Toss	Table Games	Magazine Search	Participant Council	
	28	29	30			
A	Puzzles	Pickureka!	Memory Cart			
B	High Low	Anagrams	MOVIE			
C	Catchup	Word Search	MOVIE			

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

