

RALEIGH TOTAL LIFE CENTER

AUGUST 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A						1
B						Saturday Daybreak At RALEIGH TLC
C						
D						
A	3 Table Games/MJ	4 Paint Pictures/Clara	5 Bingo/Patrice	6 Button Flower Boquete/MJ	7 Music/ with Mr. Jim	8
B	Golf/Karen	Parachute/MJ	Kickball/Mary	Cornhole/Corinne	Basketball/Patrice	
C	Missing Letters/Corinne	Name That Sound/Mary	True or False/Boris	Magazine Hunt/Patrice	Dance Party/Karen	
D	Mental Games/Clara	Mental Games/Karen	Mental Games/MJ	Mental Games/Boris	Mental Games/Mary	
A	10 Bingo/Mary	11 Men's Circle/Boris	12 Participant Counsel	13 Fruit & Vegetable Puzzles/MJ	14 Straw Flowers/Mary	15
B	Basketball/MJ	Cornhole/Charlie	Golf/Charlie	Kickball/Charlie	Parachute/Charlie	Saturday Daybreak At RALEIGH
C	Unscramble Words/Clara	Ta Chi/Karen	Health Talk/Lorri	9 Letter Block/Corinne	Coloring Contest/Patrice	TLC
D	Mental Games/MJ	Mental Games/Mary	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	
A	17 Rabbits/Mary	18 Table Games/Boris	19 Fashion Show/Clara & Bake	20 Jelly Fish/Corinne	21 Bingo/Karen	22
B	Basketball/Corinne	Kickball/Charlie	Volleyball/Charlie	Parachute/Charlie	Cornhole/Charlie	
C	Spelling Bee/MJ	Crossword Puzzles/Karen	Timeslips/Patrice	Pass The Bag/Boris	Words Within Words/Mary	
D	Mental Games/Clara	Mental Games/MJ	Mental Games/Boris	Mental Games/Mary	Mental Games/Karen	
A	24 Bingo/Clara	25 Baseball/Karen	26 Hope Church & Table Games/Corinne	27 Freezer Pop Day/Clara	28 High Low/Corinne	29
B	Golf/Patrice	Parachute/Charlie	Kickball/Charlie	Cornhole/Charlie	Basketball/Charlie	
C	Trivia/MJ	Coke Float/Patrice	What Doesn't Belong/Boris	Mary/Coloring	Bingo/Patrice	
D	Mental Games/Mary	Mental Games/MJ	Mental Games/Clara	Mental Games/Karen	Mental Games/MJ	
A	31					
B		Marcus Y. 8/4				
C		Gloria W. 8/5				
D	Mental Games/Clara	Michele V. 8/15				
		Minerva V. 8/20				

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 10:30-11:15 See Calendar (A)
 11:15-12:00 Active Game (B)
 12:00-1:00 Lunch

1:00-1:45 Individual Activities
 1:45-2:15 Afternoon Exercise
 2:15-2:45 See Calendar (C)
 2:45-3:15 Snack
 3:30-4:30 Mental Game (D)
 4:30-6:00 Social Time/Music



Open Monday-Friday 8:00am-5:00pm

Center Program Director: Stella Ray

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