

# RALEIGH TOTAL LIFE CENTER

# SEPTEMBER 2026

|   | MONDAY                                                                            | TUESDAY                         | WEDNESDAY                                                                           | THURSDAY                                                                             | FRIDAY                  | SDB                                     |
|---|-----------------------------------------------------------------------------------|---------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------|-----------------------------------------|
|   |                                                                                   | 1                               | 2                                                                                   | 3                                                                                    | 4                       | 5                                       |
| A |  | Bingo/Patrice                   | Labor Day Surprise/Corinne                                                          | Fall Painting/Clara                                                                  | Music w/Mr. Jim         | <b>Saturday Daybreak At RALEIGH TLC</b> |
| B |                                                                                   | Kickball/Charlie                | Volleyball/Charlie                                                                  | Parachute/Charlie                                                                    | Cornhole/Charlie        |                                         |
| C |                                                                                   | Write A Story/Karen/Karen       | Quiz Salad/Boris                                                                    | Word Search/Mary                                                                     | True or False/MJ        |                                         |
| D |                                                                                   | Mental Games/Mary               | Mental Games/MJ                                                                     | Mental Games/Boris                                                                   | Mental Games/Karen      |                                         |
|   | 7                                                                                 | 8                               | 9                                                                                   | 10                                                                                   | 11                      | 12                                      |
| A | <b>CLOSED for LABOR DAY</b>                                                       | Table Games/Boris               | Pokeno/Patrice                                                                      | Apple Wreath/Mary                                                                    | Baseball/Karen          |                                         |
| B |                                                                                   | Golf/Charlie                    | Basketball/Charlie                                                                  | Volleyball/Charlie                                                                   | Parachute/Charlie       |                                         |
| C |                                                                                   | Unscramble Word Contest/Clara   | Fall Word Search/MJ                                                                 | Mens Circle/Boris                                                                    | Missing Letters/Corinne |                                         |
| D |                                                                                   | Mental Games/Karen              | Mental Games/Boris                                                                  | Mental Games/MJ                                                                      | Mental Games/Mary       |                                         |
|   | 14                                                                                | 15                              | 16                                                                                  | 17                                                                                   | 18                      | 19                                      |
| A | Table Games/MJ                                                                    | Talent Show/Clara               | Bingo/Corinne                                                                       | Fall Leaves//Karen                                                                   | Leaf Rubbing Art/MJ     | <b>Saturday Daybreak At RALEIGH TLC</b> |
| B | Parachute/Karen                                                                   | Cornhole/Charlie                | Volleyball/Charlie                                                                  | Golf/Charlie                                                                         | Basketball/Charlie      |                                         |
| C | Trivia/Patrice                                                                    | Word Search/Mary                | Wisdom Circle/Boris                                                                 | Health Talk/Lorri                                                                    | 9 Letter Block/Corinne  |                                         |
| D | Mental Games/Clara                                                                | Mental Games/MJ                 | Mental Games/Mary                                                                   | Mental Games/Boris                                                                   | Mental Games/Karen      |                                         |
|   | 21                                                                                | 22                              | 23                                                                                  | 24                                                                                   | 25                      | 26                                      |
| A | High Low/Patrice                                                                  | Fox Craft/Corinne               | True or False/Boris                                                                 | Fall Bingo/MJ                                                                        | Robust Puzzles/Patrice  |                                         |
| B | Golf/MJ                                                                           | Kickball/Charlie                | Volleyball/Charlie                                                                  | Parachute/Charlie                                                                    | Cornhole/Charlie        |                                         |
| C | Table Games/Karen                                                                 | Puzzles/Clara                   | Hope Church/Ms. Cathy                                                               | Frame A Picture/Mary                                                                 | Tic Tac Toe/Karen       |                                         |
| D | Mental Games/Mary                                                                 | Mental Games/MJ                 | Mental Games/Clara                                                                  | Mental Games/Karen                                                                   | Mental Games/Boris      |                                         |
|   | 28                                                                                | 29                              | 30                                                                                  |                                                                                      |                         |                                         |
| A | Bingo/Mary                                                                        | Table Games/Patrice             |  |  | Carolyn D. 9/02         |                                         |
| B | Cornhole/Corinne                                                                  | Basketball/Charlie              |                                                                                     |                                                                                      | Stella R. 9/10          |                                         |
| C | Table Games/Clara                                                                 | Smarter Than A 5th Grader/Boris |                                                                                     |                                                                                      | Anthony L. 9/22         |                                         |
| D | Mental Games/MJ                                                                   | Mental Games/Clara              |                                                                                     |                                                                                      | Ada S. 9/27             |                                         |
|   |                                                                                   |                                 |                                                                                     |                                                                                      | Charley B 9/30          |                                         |

## 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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