

BOND PARK TOTAL LIFE CENTER

OCTOBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A				1 Kirk Tones	2 Sing-a-long	3 Saturday
B				Coloring	Health Talk/W Barbara	Daybreak
C				Match Game	Trivia	At RALEIGH TLC
A	5 Chair Yoga w/Pat	6 Ukelele Trio	7 AARP Bingo	8 Singing/w Clyde	9 Cardinal Gibbons	10
B	Mad Libs	Storytelling w/Linda	RDC Musical	Tanzitalian Cooking	Watercolors	
C	Cornhole	Fall Art Project	Story Card Game	Balloon Volleyball	Word Search	
A	12 Chair Yoga w/Pat	13 Ukelele Trio	14 Singing W/Pete	15 Singing/w Clyde	16 Ivan Ukelele	17 Saturday
B	Painting	Storytelling w/Linda	RDC Musical	Ball Toss	Person/Place/Thing	Daybreak
C	Basketball	Beach Bingo	Sticker Art	Bulletin Board Art	Puzzles	At RALEIGH TLC
A	19 Chair Yoga w/Pat	20 Ukelele Trio	21 AARP Bingo	22 Singing/w Clyde	23 Three Amigos	24
B	Arlene/ Bingo	Storytelling w/Linda	RDC Musical	Ring Toss	Games W/Vanya	
C	Beanbag Toss	Hi/Lo Card Game	Name That Tune	First Letter Last	Beach Bingo	
A	26 Chair Yoga w/Pat	27 Ukelele Trio	28 Uno/Connect 4	29 Cardinal Singers	30 CLOSED	31
B	Coloring	Storytelling w/Linda	RDC Musical	Connections	FOR STAFF	
C	Bowling	Capitals & Geography	Puzzles	Movie Day	TRAINING	

DAILY SCHEDULE

7:00-9:30 Breakfast/Coffee Talk
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 10:30-11:30 See Calendar (A)
 11:30-12:00 Social Break
 12:00-1:00 Lunch
 1:00-2:00 Relaxation/Social

2:00-2:30 Afternoon Exercise
 2:30-3:15 See Calendar (B)
 3:15-3:30 Snack
 3:30-4:00 Social Break
 4:00-4:30 See Calendar (C)
 4:30-5:00 Parallel Activities
 5:00-6:00 Social Time

