

EAST WAKE TOTAL LIFE CENTER

OCTOBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A				1 Table Game - All	2 Art Therapy - All	3 Saturday Daybreak At RALEIGH TLC
B				Trivia - All	Trivia - All	
A	5 Fall Leaf Craft - SS	6 Health Talk - JK	7 Fall Theme - JT	8 Bingo - All	9 Name That Tune - All	10
B	Trivia - All	Music Therapy - All	Table Game - All	Trivia - All	Trivia - All	
A	12 Painting - All	13 Fruits & Veggies - SS	14 Around the World - All	15 Bingo - All	16 Fair Activity - JT	17 Saturday Daybreak At RALEIGH TLC
B	I Spy - All	Trivia - All	Board Game All	Trivia - All	Trivia - All	
A	19 Halloween; Crafts - SS	20 Board Game - All	21 Health Talki - JK	22 Bingo - All	23 Family Feud - All	24
B	Table Game - All	Trivia	Coloring - All	Trivia - All	Trivia - All	
A	26 Art Therapy - All	27 Halloween Activity - JT	28 Table Game	29 Bingo - All	30 CLOSED FOR STAFF TRAINING	31
B	Trivia - All	Music Therapy - All	Trivia All	Birthday Celebration		

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:00-9:30 Current Events
 9:30-10:00 Morning Exercise
 10:00-11:00 See Calendar **(A)**
 11:00-11:30 The Price Is Right
 11:30-1:15 Lunch & Relaxation

1:15-2:00 See Calendar **(B)**
 2:00-2:15 Afternoon Exercise
 2:15-2:30 Snack
 2:30-3:00 Trivia
 3:00-4:00 Let's Make A Deal
 4:00-6:00 Social Time

