

RALEIGH TOTAL LIFE CENTER

OCTOBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
				1	2	3
A		10/3 Carl Y	10/14 Jessica K	Tic Tac Toe/Karen	Music w/Jim	Saturday Daybreak At RALEIGH TLC
B		10/6 Roger M	Scott D 10/17	Kickball/Charlie	Volleyball/Charlie	
C		10/7 Cynthia R	Virginia H 10/20	9 Letter Block/Corinne	Quiz Ball/MJ	
D				Mental Games/Brandy	Mental Games/Karen	
	5	6	7	8	9	10
A	Masks/Brandy	Bingo/Karen	Leaf Decorations/Clara	Popcorn Gloves/Mary	Color Flowers & Music/ Karen/Bake w/Stella	
B	Parachute/Patrice	Cornhole/Charlie	Volleyball/Charlie	Golf/Charlie	Basketball/Charlie	
C	Missing Letters/Corinne	High Low/Patrice	Pass The Bag/Boris	Making Pumpkins/MJ	Deborah/Trivia	
D	Mental Games/Clara	Mental Games/Mary	Mental Games/MJ	Mental Games/Boris	Mental Games/Brandy	
	12	13	14	15	16	17
A	Bingo/Mary	Painting Pumpkins/Brandy	Sunflower Craft/Mary	Making Scarecrows/MJ	Magnet Craft/Corinne	Saturday Daybreak At RALEIGH TLC
B	Cornhole/Corinne	Golf/Charlie	Participant Counsel	Kickball/Charlie	Volleyball/Charlie	
C	Ghost Stories/Clara	True or False/Boris	Health Talk/Lorri	Karaoke/Patrice	Quiz Ball/Brandy	
D	Mental Games/MJ	Mental Games/Karen	Mental Games/Boris	Mental Games/Clara	Mental Games/Mary	
	19	20	21	22	23	24
A	Bingo/Clara	STATE FAIR	Corn Making/MJ	Decorate A Pumpkin/Clara	Connect 8 Word Game/Patrice	
B	Golf/Patrice	Kickball/Charlie	Volleyball/Charlie	Parachute/Charlie	Cornhole/Charlie	
C	Karaoke/Brandy	Magazine Hunt/Karen	Fall Quiz/Boris	Halloween Word Search/Mary	Quiz Ball/Corinne	
D	Mental Games/MJ	Mental Games/Mary	Mental Games/Clara	Mental Games/Boris	Mental Games/Karen	
	26	27	28	29	30	31
A	Pipe Cleaner Pumpkins/Corinne	Bingo/Boris	Halloween Activity/Brandy		CLOSED STAFF TRAINING DAY	
B	Golf/Mary	Basketball/Charlie	Volleyball/Charlie			
C	Before & After/Patrice	Word Search & Table Games/Karen	Hope Church/Mrs. Kathy			
D	Mental Games/Clara	Mental Games/Brandy	Mental Games/Mary			

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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