BOND PARK TOTAL LIFE CENTER

NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Chair Yoga w/Pat	Ukelele Trio	Fashion show	Singing/w Clyde	Ivan Ukelele	Saturday Daybreak At RALEIGH TLC
B	Ring Toss	Storytelling w/Linda	RDC Musical	Coloring	Clowns	
C	First Letter Last	Match Game Art	Bulletin Board Art	Puzzles	Word Search	
	9	10	11	12	13	14
A	Chair Yoga w/Pat	Ukelele Trio	CLOSED for Veteran's Day	Bondettes	St Michael kids	
B	Tanzitalian Cooking	Storytelling w/Linda		Health Talk/W Barbara	Match Game	
C	Bowling	Dominos		Capitals & Geography	Watercoloring	
	16	17	18	19	20	21
A	Singing W/Pete	Ukelele Trio	AARP Bingo	Singing/w Clyde	Puzzles	Saturday Daybreak At RALEIGH TLC
B	Arlene/ Bingo	Storytelling w/Linda	RDC Musical	Mad Libs	Vanya Games	
C	Thank You Cards	Basketball	Beach Bingo	Hi/Lo Card Game	Person,Place,Thing	
	23	24	25	26	27	28
A	Chair Yoga w/Pat	Ukelele Trio	Swathi Musical	CLOSED for Thanksgiving	CLOSED for Thanksgiving	
B	Connections	Storytelling w/Linda	RDC Musical			
C	Memory Lane Cards	Sing-A-Long	Beanbag Toss			
	30					
A	Chair Yoga w/Pat					
B	Movie Day					
C	Name That Tune					

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 Time
12:00-:1:00 Lunch
1:00-1:45 Relaxation/Social
1:45-2:15 Afternoon Exercise
2:15-3:15 See Calendar **(B)**
3:15-3:30 Snack
3:30-4:00 Social Time
4:00-4:30 See Calendar **(C)**
4:30-5:00 Parallel Activities
5:00-6:00 Social Time

Resources FOR SENIORS

Open Monday-Friday 8:00am-5:00pm
Center Program Director: Beverly Kastens
120 Maury O'Dell Place, Cary, NC 27513 bondparktlc@rfsnc.org
919.460.9008 https://resourcesforseniors.org/day-centers/