EAST WAKE TOTAL LIFE CENTER

NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Painting - All	Traffic Day Activity - SS	BINGO - All	Health Talk - JK	Board Game - All	Saturday Daybreak At RALEIGH TLC
B	Art Therapy - All	Table Game - All	Trivia - All	Coloring - All	Music Therapy - All	
	9	10	11	12	13	14
A	Veterean;s Day - JT	Painting - All	**CLOSED for Veteran's Day**	Media Collage - SS	Family Feud - All	
B	Trivia - All	I Spy - All		Board Games - All	Trivia - All	
	16	17	18	19	20	21
A	Thankful Activity - JT	Table Game - All	BINGO - All	Around the World - All	Thanksgiving - JT	Saturday Daybreak At RALEIGH TLC
B	Table Game - All	Trivia - All	Trivia - All	Board Game - All	Board Game - All	
	23	24	25	26	27	28
A	Basketball -Craft SS	Health Talk - All	BINGO - All	**CLOSED for Thanksgiving**	**CLOSED for Thanksgiving**	
B	Trivia - All	Coloring - All	Table Game			
	30					
A	Painting - All					
B	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

Resources FOR SENIORS

Open Monday-Friday 8:00am-5:00pm
Center Program Director: James Ray
323 Lake Drive, Wendell, NC 27591 ewtlc@rfsnc.org
984-788-6443 https://resourcesforseniors.org/day-centers/