RALEIGH TOTAL LIFE CENTER

NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	**3**	**4**	**5**	**6**	**7**
A	Build A Turkey/MJ	**BINGO/Patrice**	Fall Wreath/Clara	True or False/BS	**Music With Mr. Jim**	Saturday Daybreak At RALEIGH TLC
B	Golf/Mary	Basketball/Charlie	Volleyball/Charlie	**Participant Counsel**	Kickball/Charlie	
C	Missing Letters/Corinne	Fall Word Find/Mary L	Karaoke/Brandy	Tic Tac Toe/Karen	Connect 8 Words/Patrice	
D	Mental Games/Clara	Mental Games/Karen	Mental Games/Boris	Mental Games/Brandy	Mental Games/Deborah	
	9	**10**	**11**	**12**	**13**	**14**
A	Fall Post Cards/Brandy	Legend of The Kernel/Corinne	**CLOSED for VETERAN'S DAY**	Thankful Poster/Clara	Family Feud/Boris	
B	Volleyball/Patrice	Parachute/Charlie		Golf/Charlie	Basketball/Charlie	
C	**BINGO/Mary L.**	Baseball/Karen		Build An Acorn/MJ	Basket of Leaves/ML	
D	Mental Games/MJ	Mental Games/Mary		Mental Games/Boris	Mental Games/Karen	
	16	**17**	**18**	**19**	**20**	**21**
A	Thankful Coloring Contest/Patrice	Lets Make Pumpkin Heads /Karen	Power Of The Acorn/Corinne	String of Thanks/Mary	Make Turkeys/Brandy	Saturday Daybreak At RALEIGH TLC
B	Golf/Corinne	Kickball/Charlie	Volleyball/Charlie	Parachute/Charlie	Cornhole/Charlie	
C	Table Games/MJ	Pass the Bag/Boris	Fall Placements/Clara	**HEALTH TALK/Lorri**	Trivia/Lenora	
D	Mental Games/Mary	Mental Games/Clara	Mental Games/Brandy	Mental Games/Karen	Mental Games/Boris	
	23	**24**	**25**	**26**	**27**	**28**
A	9 Letter Block/Corinne	Hot Drinks On A Cold Day/Clara	**BINGO/Brandy**	**CLOSED for Thanksgiving**	**CLOSED for Thanksgiving**	
B	Golf/Brandy	Basketball/Charlie	Volleyball/Charlie			
C	Matching Pictures/MJ	Quiz Ball/Patrice	**HOPE CHURCH**			
D	Mental Games/Clara	Mental Games/MJ	Mental Games/Boris			
	30					
A			Karen 11/13			
B			Brandon 11/20			
C			Lenikki 11/21			
D	Mental Games/Mary	Jon D 11/9 Lorri 11/6	Clara 11/28			

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

Resources FOR SENIORS

Open Monday-Friday 8:00am-5:00pm
Center Program Director: Stella Ray
5124 Departure Drive, Raleigh, NC 27616 dtlc@rfsnc.org
Office: 919.873.1870 / Cell: 919-630-0408/ Fax: 919-873-1872// https://resourcesforseniors.org/day-centers/