

BOND PARK TOTAL LIFE CENTER

December

Theme: Wishing for a White Christmas

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Sing a-long	Name That Tune-TP	Bowling-EH	Bean Bag Toss-EH	Tic Tac Toss	Saturday Daybreak at Bond Park
B	Matching-EH	Kickball-SG	Hot Tea,Coco-FP	BINGO	Melina Dog Therapy	
C	Basketball-TP	Matching-EH	Horserace (TP)	Matching-EH	Golf-TP	
D	Trivia-EH	Trivia-TP	Trivia-EH	Trivia-TP	Trivia-EH	
	9	10	11	12	13	14
A	Decorate the Tree	Health Talk-BK	Pastor Mike	Volleyball (EH)	Kathy-Kyle (Music)	Saturday Daybreak at Departure Drive
B	Cornhole (EH)	Snowflakes-FP	Museum	BINGO	Candy Cane-TP	
C	Christmas Wreath-TP	Family Feud (TP)	Pat Yoga	Christmas Cookies	Balloon Volley-EH	
D	Trivia-TP	Trivia-EH	Trivia-TP	Trivia-EH	Trivia-TP	
	16	17	18	19	20	21
A	Ruel (music)	Pig in the blankets-FP	Pat Yoga	Health Talk-BK	Mt. Vernon	Saturday Daybreak at Bond Park
B	ZINGO (TP)	Volleyball (EH)	Tic Tac Toss (EH)	BINGO	Baseball Toss-TP	
C	Ukulele	Anagrams-TP	Parachute-TP	Ukulele	Table Games-EH	
D	Trivia-EH	Trivia-TP	Trivia-EH	Trivia-TP	Trivia-EH	
	23	24	25	26	27	28
A	Horserace (TP)	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	Kathy (music)	Saturday Daybreak at Departure Drive
B	Mediation-SG					
C	Golf-EH					
D	Trivia-TP					
	30	31	1	2	3	4
A	Volleyball (EH)	Movie Day	CENTER CLOSED			
B	I Spy-TP					
C	Basketball-EH					
D	Trivia-TP					

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 Life Skills
 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 Life Skills
 4:00-4:30 See Calendar (C)
 4:30-5:00 See Calendar (D)
 5:00-6:00 Social Time

