RALEIGH TOTAL LIFE CENTER

October

THEME: STEP INTO FALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	30	1	2	3	4	5
A		Pasta Skeleton Craft w/RG	Musical Chairs w/KT	Fall Wreath w/CJ	Face Painting w/BC	Saturday Daybreak at Bond Park
B		Exercise w/ AW Basketball w/CB	bowling w/KT/CB Staff Meeting	Exercise w/ RG Bag Toss w/CB	Exercise w/BC VolleyBall w/CB	
C		Stain Glass Cross w/ML	Bingo w/AW	Photo Sharing w/MV	Name that Tune w/SL	
D		Mental Games w/RG/CM	Mental Games w/KT/CA	Mental Games w/AW/SL	Mental Games w/ML/CH	
	7	8	9	10	11	12
A	Scary Ghosts w/SW	Boo Hotdogs w/PD	Step into Fall w/RG	**Health Talk w/CH**	Bake Club w/SL	Saturday Daybreak at Raleigh TLC
B	Exercise w/MV/PD Basketball w/RG	Exercise w/ AW Basketball w/CB	Kickball w/KT/CB Staff Meeting	Exercise w/ RG Bag Toss w/CB	Exercise w/AW VolleyBall w/CB	
C	Lollipop Ghosts w/CM	Pumpkin Bags w/ML	Bingo w/SL	Fall Collage w/AW	Paint a Fall Picture w/CA	
D	Mental Games w/SL/BC	Mental Games w/MV/CM	Mental Games w/ML/KT	Mental Games w/CJ/CA	Mental Games w/CM/RG	
	14	15	16	17	18	19
A	**Music w/ Mr Ruell & Mr. Bishop Wynn**	Pop Corn Pumpkin-Hand w/CM	Halloween Story w/BC	**Hope Church w/Cathy**	**STAFF TRAINING DAY**	Saturday Daybreak at Bond Park
B	Exercise w/KT/CM Parachute w/ PD	Exercise w/ AW Basketball w/CB	VolleyBall w/MV/CB Staff Meeting	Exercise w/ RG Bag Toss w/CB		
C	Fall Craft w/MV	Dig for Worms w/PD	Bingo w/ML	**Music by Donald & Friends**		
D	Mental Games w/AW/RG	Mental Games w/ML/CM	Mental Games w/CM/RG	Mental Games w/AW/KT		
	21	22	23	24	25	26
A	Book Club w/CA	**Health Talk w/CH**	State Fair Banner /wRG	Toliet Paper Bats w/SW	**State Fair w/Staff**	Saturday Daybreak at Raleigh TLC
B	Exercise w/KT/MV Kickball w/SW	Exercise w/ AW Basketball w/CB	Parachute w/PD/CB Staff Meeting	Exercise w/ RG Bag Toss w/CB	Exercise w/BC VolleyBall w/CB	
C	The Colors of Fall Flowers w/AW	Fear Factor w/SW	Bingo w/RG	Halloween Words Within Words w/PD	Juice Box Mummy w/CM	
D	Mental Games w/RG/BC	Mental Games w/CA/CM	Mental Games w/KT/ML	Mental Games w/AW/SL	Mental Games w/MV/CH	
	28	29	30			
A	**Participant Council w/SR/CA**	Coloring Contest w/KT	**Halloween Party w/Staff**		***BIRTHDAYS:***	
B	Exercise w/ RG/KT Volleybally w/ CJ	Exercise w/ AW Basketball w/CB	kickball w/MV/CB Staff Meeting		Carl Y. 10/03 Joseph E. 10/03 Roger M. 10/06 Jessica K. 10/14	
C	Paper Scarecrow Craft w/MV	Decorate a Pumpkin w/CA	Bingo w/BC			
D	Mental Games w/AW/SL	Mental Games w/KT/CM	Mental Games w/CA/RG	& Bake Cookies w/MV	Dorothy J. 10/20	

DAILY SCHEDULE

8:00-9:30 Breakfast
9:30-10:00 Current Events
10:00-10:30 Morning Exercise/ Tai Chi
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
2:15-3:00 See Calendar **(C)**
3:00-3:30 Snack
3:30-4:15 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
www.totallifecenters.org