





# Raleigh TOTAL LIFE CENTER

## September

THEME: "COOL AND CRISP"

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	<b>Center Closed</b>	Twister w/CJ	Talent Show w/MV	Labor Day Poetry w/BC	Name that Tune w/SL	Saturday Daybreak at Bond Park
B	<b>LABOR DAY</b>	Bowling w/CB	kickball w/CB Staff Meeting	Parachute w/CB	Basketball w/CB	
C		Labor Day Forum w/ML	Bingo w/CM	Labor Day Activity w/PD	Time Slips w/ CM	
D		Mental Games w/AW/KT	Mental Games w/ML/CH	Mental Games w/CM/CM	Mental Games w/CA/SL	
	9	10	11	12	13	14
A	<b>Music w/ Mr Ruell &amp; Mr. Bishop Wynn</b>	Fall Craft w/RG	Time Slips w/ML	<b>Health Talk w/CH</b>	Hee Haw Party w/ KT AM/PM/ AC-MV/CJ/ SW	Saturday Daybreak at Departure Drive
B	Exercise w/ RG/CM Parachute w/ AW	Exercise w/ KT/ AW Bag Toss w/CJ	Exercise w/ BC/ KT Bowling w/RG	Exercise w/ PD/ CM Basketball w/MV	<b>International Festival w/Staff (Come &amp; Enjoy)</b>	
C	Book Club w/CA	Hidden Words w/PD	Bingo w/SW	Fall Scavenger Hunt w/CM		
D	Mental Games w/SL/BC	Mental Games w/KT/CM	Mental Games w/RG/KT	Mental Games w/BC/ML	Mental Games w/MV/RG	
	16	17	18	19	20	21
A	Fall Craft w/CJ	Bake Club w/SL	Let's Make Applesauce w/KT	<b>Hope Church w/Cathy</b>	Back to School Poetry w/BC	Saturday Daybreak at Bond Park
B	Bag Toss w/RG	VolleyBall w/CB	Parachute w/CB Staff Meeting	<b>1st Annual Concert in the Lot w/ Mr. Donald and Friends (Come &amp; Enjoy)</b>	Bowling w/CB	
C	Picking Apples w/CA	Fall Leaves w/ML	Bingo w/PD		Fall Collage w/SW	
D	Mental Games w/CJ/BC	Mental Games w/AW/CM	Mental Games w/CM/KT	Mental Games w/RG/CA	Mental Games w/MV/SL	
	23	24	25	26	27	28
A	Beach Spa Day w/SL	<b>Health Talk w/CH</b>	Words Within Words w/CM	Peanut Butter Cookies w/PD	<b>Fish Fry &amp; Lazy Day</b> Poetry w/BC	Saturday Daybreak at Departure Drive
B	Kickball w/CJ	Basketball w/CB	VolleyBall w/CB Staff Meeting	Bowling w/CB	Bag Toss w/CB	
C	Fall Treat w/CA	Fall Activity w/MV	Bingo w/CA	Get to Know You w/AW	<b>Participant Council w/SR/CA</b>	
D	Mental Games w/KT/BC	Mental Games w/SL/CM	Mental Games w/AW/KT	Mental Games w/MV/CH	Mental Games w/CM/RG	
	30	31	1	2	3	4
A		<b>BIRTHDAYS:</b>	<b>BIRTHDAYS:</b>	<b>BIRTHDAYS:</b>		Saturday Daybreak at Bond Park
B	& Bake Cookies w/ MV	Barbara H. 09-07	Katie P. 09-17	Stella R. 09-10		
C		Barbara B. 09-12	Ada S. 09-27	Sherri L. 09-23		
D	Mental Games w/CJ/BC	Rachel M. 09-12		Charley B. 09-30		

### DAILY SCHEDULE

8:00-9:30 Breakfast  
 9:30-10:00 Current Events  
 10:00-10:30 AM 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 PM Exercise  
 2:15-3:00 See Calendar (C)  
 3:00-3:30 Snack  
 3:30-4:30 Mental Game (D)  
 4:30-6:00 Social Time/Music



Open Monday-Friday 8:00am-5:00pm  
 Center Program Director: Stella Ray

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