

# EAST WAKE TOTAL LIFE CENTER

## December

Theme: HOLIDAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A	3 Participants Council	4 Ring Toss - LB	5 Devotion	6 Baking Cookies - DS	7 Health Talk - JK	8 Saturday Daybreak at Departure Drive
B	Bingo - All	Free Art - All	Corn Hole - WP	Basketball - All	Library Day - All	
A	10 Puzzles - JB	11 Tic-Tac-Toe - DS	12 Devotion	13 Mosaic Fan - LB	14 Bingo - All	15 Saturday Daybreak at Bond Park
B	Family Feud - All	Ladder Ball - All	Basketball - All	Sock Wars - WP	Lets Make a Deal - All	
A	17 Snow Flakes - WP	18 Broken Heart - DS	19 Devotion	20 Health Talk - JK	21 Christmas Dancers	22 Saturday Daybreak at Departure Drive
B	Holiday Collage - LB	Christmas Sing Along - JB	Table Pong - WP	Christmas Cards - JB	Christmas Party	
A	24 <b>CENTER CLOSED</b>	25 <b>CENTER CLOSED</b>	26 <b>CENTER CLOSED</b>	27 New Year's Resolution - All	28 Bingo - All	29 Saturday Daybreak at Bond Park
B	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	Wii Games - LB	Library Day - All	
A	31 Karaoke - - DS	1	2	3	4	5
B	Birthday Celebration Movie Day	<b>CENTER CLOSED</b>				

### 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

