

# EAST WAKE TOTAL LIFE CENTER

## January

Theme: HAPPY NEW YEAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A		<b>CLOSED for NEW YEARS' HOLIDAY</b>	Devotion	Scavenger Hunt - All	On the Road - JB	Saturday Daybreak at Departure Drive
B			Participants Council	Free Choice - All	Library Day - All	
A	Health Talk - JK	Ladder Ball - LB	Devotion	Name that Tune - All	Abstract Painting - All	Saturday Daybreak at Bond Park
B	BINGO	Coloring Sticks - DS	Corn Hole - WP	Puzzle - JB	Ginger Bread House - DS	
A	BINGO	Free Arts - All	Devotion	Table Pong - WP	MLK, Jr. Day - JB	Saturday Daybreak at Departure Drive
B	High and Low - LB	Charades - All	Basketball - SS	Talking Tango - LB	Library Day - All	
A	<b>CLOSED for MLK Jr. DAY</b>	Board Game - SS	Devotion	Ring Toss - LB	BINGO	Saturday Daybreak at Bond Park
B		Outburst Trivia - All	Health Day - All	Baking Cookies - DS	Table Games - WP	
A	Health Talk - JK	Wii Game - LB	Devotion	Karaoke - DS		Saturday Daybreak at Departure Drive
B	Library Day	Arts & Crafts - SS	Sock Wars - WP	Movie & Birthday Celebration - All		

### 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

