

# GARNER TOTAL LIFE CENTER

## August

Theme: **Tickets To See The World**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	29	30	31	1	2	3
A				Plane Tickets	Piñatas	Saturday Daybreak at Departure Drive
B				Packing for a Trip	Walking Tacos	
C				Outburst <b>USA</b>	UNO <b>Guadalajara</b>	
	5	6	7	8	9	10
A	Table Soccer	Matadors	Exercise Program w/ Latoya	Music Time	Totem Pole	Saturday Daybreak at Bond Park
B	Parrots	Salsa Tasting	Participant Choice/Devotion	Table Games	Coffee Bean Craft	
C	Word Search <b>Brazil</b>	Trivia <b>Chile</b>	Magazine Hunt <b>Venezuela</b>	Pictureka! <b>Argentina</b>	Puzzles <b>Colombia</b>	
	12	13	14	15	16	17
A	Pyramids	Rain Sticks	Necklaces	African Houses	Placemats	Saturday Daybreak at Departure Drive
B	Participant Council	Masks	Participant Choice/Devotion	Rhinos	Bracelets	
C	Bean Bag Toss <b>Egypt</b>	Health Talk <b>Nigeria</b>	Golf <b>South Africa</b>	5 Seconds <b>Kenya</b>	BINGO <b>Sudan</b>	
	19	20	21	22	23	24
A	Spaghetti Craft	Cheese Tasting	Alpine Hats	Pisanki Eggs	Dala Horse	Saturday Daybreak at Bond Park
B	Ring the Bottle	Eiffel Tower	Participant Choice/Devotion	Lotka's	Gnomes	
C	Beach BINGO <b>Italy</b>	High Low <b>France</b>	Catch up <b>Germany</b>	Magazine Search <b>Ukraine</b>	Find It <b>Sweden</b>	
	26	27	28	29	30	31
A	Babushka	Rattle Drum	Hand Fans	Boomerang	Trip Video	Saturday Daybreak at Departure Drive
B	Smoothies	Dragons	Participant Choice/Devotion	Shoot the Outback	We be Tripn'	
C	UNO <b>Russia</b>	Trivia <b>China</b>	Table Games <b>Japan</b>	Word Search <b>Australia</b>	High Low <b>USA</b>	

### DAILY SCHEDULE

7:00-9:30 Breakfast  
 9:30-10:00 Current Events  
 10:00-10:30 Exercise  
 10:30-10:45 Morning Meditation  
 10:45-11:30 See Calendar (A)  
 11:30-11:45 Brain Fitness  
 12:00-1:00 Lunch

1:00-2:00 Individual Activities  
 2:00-2:30 See Calendar (B)  
 2:30-3:00 Exercise  
 3:00-3:30 Snack  
 3:30-4:00 See Calendar (C)  
 4:00-6:00 Social Time/Games

