




RALEIGH TOTAL LIFE CENTER

October 2020

Theme: Stay Apart and Be Safe

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
		Birthday Wishes to Carl Y. 10/3 Joseph E. 10/3 Roger M. 10/6	Jessica K. . 10/ 14 Phyllis J. 10/18 	1 Color by number contest Chair Exercise/ Tai Chi/ Tea Party Mental Games	2 What's Missing Chair Exercise/ Tai Chi/ Bingo Mental Games	3
	5	6	7	8	9	10
A	Word Game	Before and After	Tic Tac Toe Game	Scavenger Hunt	Let's Bake (Peanut Butter Cookie)	
B	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	
C	Scavenger Hunt	Tea Party	Alphabet Game	Wheel of Fortune	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	12	13	14	15	16	17
A	Health Talk w/ CH	High Low Card Game	Time Slips	Painting With Music	Watermelon Contest	
B	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	
C	Paint by Color	Jeopardy	What's Missing	Name That Tune	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	19	20	21	22	23	24
A	Before and After	Word Game	Tea Party	Tic Tac Toe Game	Health Talk w/ CH	
B	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	
C	Twister	Scavenger Hunt	Word search	Deal or No Deal	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	26	27	28	29	30	
A	High Low Card Game	Matching Game	Movie Day	High Low Card Game	Trivia State Fair	
B	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/		Chair Exercise/ Tai Chi/		
C	Scavenger Hunt	Jeopardy	What's Missing	Jeopardy		
D	Mental Games	Mental Games	Mental Games	Mental Games	Scavenger Hunt/Mental Games	

DAILY SCHEDULE

8:00-9:30 Breakfast
 9:30-10:00 Current Events
 10:00-10:30 Morning Exercise
 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
 3:30-4:30 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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