
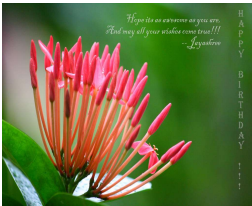


Raleigh TOTAL LIFE CENTER

APRIL 2021

THEME:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
				1	2	3
A		Birthday Wishes to Joel S. 4/14		Scavenger Hunt	CLOSED GOOD FRIDAY	
B				Chair Exercise/ Tai Chi		
C				Music Day/Dance		
D				Mental Games		
	5	6	7	8	9	10
A	Health Talk w/ CH & LH	Before and After	Time Slips	Painting With Music	Board Games	
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	
C	Fresh Flower Activity	Tea Party	What's Missing	Fun With Painting	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	12	13	14	15	16	17
A	Music Trivia Game	Word Game	Music/Dance	High Low Card Game	Health Talk w/ CH & LH	
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	
C	Fresh Flower Activity	Scavenger Hunt	Word search	Fun With Painting	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	19	20	21	22	23	24
A	Color by number contest	Before and After	Color by number contest	Scavenger Hunt	Movie Day	
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	
C	Fresh Flower Activity	Trivia Game	Matching Board Game	Fun With Painting	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	26	27	28	29	30	
A	Art Project	Before and After	Sand in a Bottle	Before and After	High Low Card Game	
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Movie Day	Chair Exercise/ Tai Chi	Movie day	
C	Fresh Flower Activity	Trivia Game	Matching Board Game	Fun With Painting	Baking Day	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	

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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