
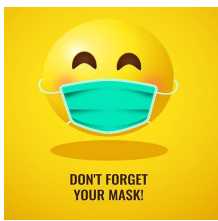

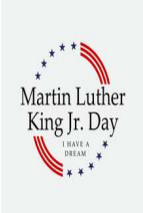


Raleigh TOTAL LIFE CENTER

JANUARY 2021

Theme: Stay Apart and Be Safe

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
A	Birthday Wishes to Cassandra A. 01/3 Leonne D. 1/4 Jesse D. 1/05	John C. 1/11 Nell C. 1/26 Judy A. 1/31			CLOSED FOR NEW YEAR DAY	
	4	5	6	7	8	9
A	Health Talk w/ CH	Before and After	Color by number contest	Scavenger Hunt	New Year Party	
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	Baking Day	Music Day/Dance	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	11	12	13	14	15	16
A	Before and After	High Low Card Game	Time Slips	Painting With Music	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	Fresh Flower Activity	Paint by Color	What's Missing	Name That Tune	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	18	19	20	21	22	23
A	CLOSED FOR MARTIN LUTHER KING JR. DAY	Word Game	Music/Dance	High Low Card Game	Board Games	
B		Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	
C		Scavenger Hunt	Word search	Paint by Color	Bingo	
D		Mental Games	Mental Games	Mental Games	Mental Games	
	25	26	27	28	29	30
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	Wheel of Fortune	Bingo	
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: Morning 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 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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