


# RALEIGH TOTAL LIFE CENTER

## MARCH 2021

Theme: Stay Apart and Be Safe

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	1	2	3	4	5	6
A	Art Project	Before and After	High Low Card Game	Scavenger Hunt	Spring Craft	
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	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	8	9	10	11	12	13
A	<b>Health Talk w/ CH &amp; LH</b>	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	Paint by Color	What's Missing	Name That Tune	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	15	16	17	18	19	20
A	Music Trivia Game	Word Game	Music/Dance	High Low Card Game	<b>Health Talk w/ CH &amp; LH</b>	
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	Paint by Color	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	22	23	24	25	26	27
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	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	29	30	31			
A	Art Project	Before and After	Sand in a Bottle	<b>Birthday Wishes to</b>		
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi	<b>Movie Day</b>	Rita P. 3/10		
C	Fresh Flower Activity	Trivia Game	Matching Board Game	Joanne M. 3/13		
D	Mental Games	Mental Games	Mental Games	Miguel P. 3/31		

### 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  
 3:30-4:15 Mental Game **(D)**  
 4:30-6:00 Social Time/Music



Open Monday-Friday 8:00am-5:00pm  
 Center Program Director: Stella Ray  
 5124 Departure Drive, Raleigh, NC 27616 dtlc@rfsnc.org  
 919.873.1870 www.totallifecenters.org