






RALEIGH TOTAL LIFE CENTER

November 2020

Theme: Stay Apart and Be Safe

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
	2	3	4	5	6	7
A	Before and After	Painting With Music	Word Game	Color by number contest	What's Missing	
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	Name That Tune	Scavenger Hunt	Tea Party	Bingo	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	9	10	11	12	13	14
A	Health Talk w/ CH	Before and After	 REMEMBER OUR VETERANS Center Closed	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	
C	Fresh Flower Activity	Tea Party		Wheel of Fortune	Bingo	
D	Mental Games	Mental Games		Mental Games	Mental Games	
	16	17	18	19	20	21
A	High Low Card Game	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	
	23	24	25	26	27	28
A	Before and After	Word Game	Thanksgiving Party			
B	Chair Exercise/ Tai Chi	Chair Exercise/ Tai Chi		Center Closed	Center Closed	
C	Fresh Flower Activity	Scavenger Hunt	Word search			
D	Mental Games	Mental Games	Mental Games			
	30					
A	Movie Day	<u>Birthday Girls</u>	Lenikki T. 11/21	Clara A. 11/28		
B	Chair Exercise/ Tai Chi	Jon D. 11/9	Willie C. 11/25	Cara H. 11/30		
C	Fresh Flower Activity	Julia K. 11/12	Shirley W. 11/13			
D	Mental Games	Anna D. 11/13	Karen T. 11/13			

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

