



# RALEIGH TOTAL LIFE CENTER

## September 2020

Theme: Stay Apart and Be Safe

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SDB
						
A		What's in the Bag	Name That Tune	Color by number contest	What's Missing	
B		Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	
C		Hang Man	Time Slips	Tea Party	<b>Bingo</b>	
D		Mental Games w/CM	Mental Games w/SL	Mental Games w/CM	Mental Games w/ML	
	7	8	9	10	11	12
A	<b>Health Talk w/ CH</b>	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	Word Game	Tea Party	Alphabet Game	Wheel of Fortune	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	14	15	16	17	18	19
A	Match Game	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	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	21	22	23	24	25	26
A	Before and After	Word Game	Tea Party	Tic Tac Toe Game	<b>Health Talk w/ CH</b>	
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	<b>Bingo</b>	
D	Mental Games	Mental Games	Mental Games	Mental Games	Mental Games	
	28	29	30			
A	High Low Card Game	Matching Game	Spa Day		<b>Birthday Wishes for</b>	
B	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/	Chair Exercise/ Tai Chi/		Rachael M- 9/12 Katie P-9/17	
C	Scavenger Hunt	Jeopardy	What's Missing		Ada S.-9/27 9/10	Stella 9/23
D	Mental Games	Mental Games	Mental Games		Charley 9/30	

### 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  
 5124 Departure Drive, Raleigh, NC 27616 dtlc@rfsnc.org  
 919.873.1870 www.totallifecenters.org