BSRI Nutrition Program
at Boiling Spring Lakes Parks & Recreation Department
1 Leeds Road Boiling Spring Lakes, NC 28461
910-363-0018

BSRI Nutrition Program Operating Hours:
10 a.m. to 2 p.m. Monday, Wednesday, & Friday
910-754-2300
Program Information www.cityofbsl.org or 363-0018

November 2019	**Subject to change, email or call Sara at 910-363-0276 or sgoodwin@cityofbsl.org**			
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Saturday, November 2nd Polish Festival $5.00 transportation fee RSVP by 10/30/2019				1 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life **11:30-12:30pm FREE BP Testing** 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards
4 10am Tai Chi Video Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga 7:15pm Karate for Kids	5 9:30-10:30am Clogging *****No Line Dancing Today***** ***Election Day***	6 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice	7 10am Mah Jong **10:30-1:30pm Leland House Bingo and Lunch** 3pm Card Club 6pm All Levels Yoga	8 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch **12:30pm Veterans Salute** **12:30pm Ice Cream Birthday Social** 12:30pm Rummikub 12:30 Dominoes, Dice and Cards
11 **Community Center Closed** 	12 **9:00-5:30pm Big "M" Casino Boat** 9:30-10:30am Clogging 6:30 Line Dance Club	13 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch **12:30pm Guest Speaker: Hospice 101** 12:30pm Rummikub 12:30 Cards & Dice	14 10am Mah Jong **12pm Lunch Bunch: Falcones** 3pm Card Club 6pm All Levels Yoga	15 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards
18 10am Tai Chi Video Class 12pm Senior Lunch **12:15pm Guest Speaker: BSRI Nutritional Talk** 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga 7:15pm Karate for Kids	19 9:30-10:30am Clogging 6:30 Line Dance Club	20 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice	21 10am Mah Jong **11am Brown Bag and a Movie** 3pm Card Club 6pm All Levels Yoga	22 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards
25 10am Tai Chi Video Class 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga 7:15pm Karate for Kids	26 9:30-10:30am Clogging **4pm The Office Meet and Greet** 6:30 Line Dance Club	27 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice	28 	29 Community Center Closed