




January 2019 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Black = No Fee (<i>Contributions always appreciated</i>); Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up Blue = New Offering/Time				
10:30 Chair Aerobics	8:30 Strength & Core 9:30 Morning Yoga 10:00 Painting 10:30 Balance Class 11:30 Larks Choir Practice 11:30 -\$-TRX	8:30 Total Body Cond. 9:30 Geri-Fit 10:00 Crafts 10:30 Line Dancing-Int. 11:00 Computer Help	10:30 -\$-BINGO 10:30 Arthritis Exercise	8:30 -\$-Super Sampler^ 10:00 Geri-Fit 11:00 Line Dancing-Beg.
12p Lunch	12p Lunch	11:30a EARLY Lunch	12p Lunch	12p Lunch
1:00 Mah Jongg 4:30 -\$-Cardio Dance^	1:00 Sleep Mats 1:00 -\$-Parkinson's Ex. I^ 2:00 -\$-Parkinson's Ex. II^	12:30 Painting 1:00 -\$-Tabata^ 1:00 Bridge Club 2:00 -\$-Step-Tastic Express (30min)^	12:30 Bid Whist 1:00 Oil Painting	1:30 Yoga 

Class Rooms & Times Are Subject to Change. Look for Posted Flyers or Subscribe to Email Updates from LelandGeneral@bsrinc.org

January 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
		1 CLOSED <i>Happy New Year!</i>	2	3 Sewing Bee 9a Nails 10:30a Birthdays at Lunch 12p	**=Date Change This Month Daily Announcements: During Lunch PRN 1st & 3rd Tuesdays, 10:30a: Bible Study 3rd Weds, 1p: Hand & Foot Cards ** 1st Tuesday, 11:30a: Monthly Nutrition Ed. 1st Fridays, Lunch: Mo. Bday Celebration 1st & 3rd Friday, 9a: Sewing Bee 2nd Tuesdays: Monthly Outing 2nd & 4th Thursday, 10a: CG Support Grp 2nd Friday, 10:30a: Poetry Lounge w/ Louise 2nd & 4th Friday, 1p: Game Day 3rd Monday, 10-11a: Hired Hands Music 3rd Weds, 10:30a: Blood Pressure Checks 3rd Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Fridays, 10a: Music with Willie
6	7 Bible Sty 10:30a Karaoke 10:30a Nutri. Ed. 11:30a	8	9 Caregiver Support Grp 10a	10 Poetry Lounge w/ Louise 10:30a Game Day 1-3p	1st & 3rd Friday, 9a: Sewing Bee 2nd Tuesdays: Monthly Outing 2nd & 4th Thursday, 10a: CG Support Grp 2nd Friday, 10:30a: Poetry Lounge w/ Louise 2nd & 4th Friday, 1p: Game Day
13 Hired Hands Music 10-11a 	14 Mo. Outing Ft. Fisher Aquarium \$10	15 Vet Meet Up 10:30a BP Cks 10:30a Hand & Foot 1p	16	17 Sewing Bee 9a	3rd Monday, 10-11a: Hired Hands Music 3rd Weds, 10:30a: Blood Pressure Checks 3rd Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Fridays, 10a: Music with Willie
20 CLOSED <i>Happy MLK DAY!</i>	21 Wellness Ed Grp 10:30a Bible Sty 10:30a	22	23 Caregiver Support Grp 10a	24 Music with Willie 10a Game Day 1-3p	Special Events & Presentations: 1/3 Nail Painting 10:30a 1/7: New Year's Karaoke 10:30a 1/15: Veteran's Meet Up 10:30a 1/21: Wellness Ed. Support Grp 10:30a Topic: Positive Aging
27 Mystery Monday 10:30a 	28 Tech Tuesday 10:30a 	29 Coups for Troops 9:30a Def. Driving pt2 10:30a	30	31 	1/27: Mystery Monday w/ Jade 10:30a 1/28 : Tech Tuesday 10:30a 1/29: Defensive Driving (Part 2) 10:30a