



~An NC Certified Senior Center of Excellence~ 121 Town Hall Drive NE
 Veronica Lett-McGee, Director
 Brittany Steinkamp, Assistant Director



Center Hours
 Mon - Fri 8a - 4p

January 2022 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Black = No Fee ; Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up Blue = New Offering/Time; Purple = Virtual/Online				
9:30 Geri-Fit	9:00 Pinochle 9:00 TRX ^ 9:30 Interval Training 10:00 Acrylic Painting 10:15 Bridge for Beginners	9:30 Geri-Fit 10:00 Crafts 10:30 Line Dance (Int)	9:00 Chair Yoga 9:00 Pinochle 9:30 Chair Aerobics 10:00 BINGO (25 cents/card) 10:30 TRX ^	9:00 Walking Group 10:00 Hula Hoop 10:30 Line Dance (Beg)
11:30a Lunch	*11:30a Lunch*	*11:30a Lunch*	*11:30a Lunch*	*11:30a Lunch*
1-3p Mah Jongg 1:30 Zumba GOLD	12:30 Tai Chi 1:00 Sleep Mats	12:30 Acrylic Painting 1:00 Bridge Club	12:30 Tai Chi 1-4p Oil Painting 1:30 Zumba GOLD	

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

January 2022 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Monthly & Semimonthly Events: Daily Announcements: During Lunch PRN 1st Fri, (At Lunch): Mo. Birthday Celebration 1st & 3rd Tues, 10:30: Bible Study 1st & 3rd Wed, 1-3pm: Hand & Foot Cards 1st & 3rd Fri, 9a-12p: Quilting Bee 2nd Thurs, 10a: CG Support Grp 3rd Wed, 10:30a: Blood Pressure Cks 3rd Thurs, 11:45a: Meet w/ Case Mgr Last Wed., 9:30a: Coups for Troops Special Events & Presentations: 1/5, 12:15p: Veteran's Meetup 1/11, 10a: Tech Tuesday w/ Veronica 1/21, 10:30a: Garden Club Meeting 1/24, 10:30a: Sparkling Cider w/ Brittany
3	4 Bible Study 10:30a	5 Hand & Foot 1p Vet Meetup 12:15p	6	7 Quilting Bee 9a  Mo. Birthday Celebration	
10	11 Tech Tuesday 10a	12	13 CG Support Group 10a	14	
17  CLOSED	18 Bible Study 10:30a	19 Blood Pressure 10:30a Hand & Foot 1p	20 Meet w/Case Mgr During lunch	21 Quilting Bee 9a Garden Club Meeting 10:30a	
24 Sparkling Cider w/ Brittany 10:30a	25	26 Coups for Troops 9:30	27	28	
31					

