



~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

June 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 Pinochle 9:30 Chair Aerobics 10:00 BINGO-\$ (25 cents/card) 10:30 TRX^	9:00 Yoga Body & Soul 9:00 Walking Group 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 Cardio Dance	12:30 Tai Chi 12:30 Sleep Mats 2:00 Cardio Drumming	12:30 Acrylic Painting 1:00 Bridge Club	12:30 Tai Chi 1-4p Oil Painting 1:30 Cardio Dance	

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

June 2022 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Monthly & Semimonthly Events:
		1 Healthy Cooking 11a (TRX) Hand & Foot 1p	2	3 *Yoga Cancelled* Quilting Bee 9a  Mo. Birthday Celebration	Daily Announcements: During Lunch PRN 1st Fri, (At Lunch): Mo. Birthday Celebration 1st & 3rd Tues, 10:30a: Bible Study 1st & 3rd Tues, 10:30a: Leland Larks 1st & 3rd Wed, 1-3p: Hand & Foot Cards 1st & 3rd Fri, 9a-12p: Quilting Bee 2nd Tues, 10a: Tech Tuesday 2nd Fri, 12:30p: Sit & Stitch 3rd Wed, 10:30a: Blood Pressure Cks 3rd Thurs, 11:45a: Meet w/ Case Mgr 4th Thurs, 10a: CG Support Grp Last Wed., 9:30a: Coups for Troops Special Events & Presentations: 6/6, 10:30a: Hurricane Preparedness 6/13, 10:30a: Mocktail Mimosas w/ Brittany 6/15: World Elder Abuse Awareness Day 6/20, 9a: Donuts for Dads 6/20, 10a: Paint Pouring with Janyce, prior sign-up required 6/27, 10:30a: The Leland Larks Present: A Patriotic Sing-a-long **REOPENING** ***THURSDAY, JULY 7TH, 2022***
6 Hurricane Preparedness 10:30a	7 Leland Larks & Bible Study 10:30a	8	9	10 Sit & Stitch 12:30p	
13 Mocktail Mimosas w/ Brittany 10:30a	14 Tech Help 10a Mo. Outing^ Myrtle Beach \$10	15 Wear Purple! Blood Pressure 10:30a Hand & Foot 1p	16 Meet w/Case Mgr During lunch	17 Quilting Bee 9a	
20 Donuts for Dads 9a Paint Pouring^ 10a—\$5	21 Leland Larks & Bible Study 10:30a	22 Coups for Troops 9:30	23 CG Support Group 10a	24	
27 Patriotic Sing-a-long 10:30a	28	29 CENTER CLOSED	30 CENTER CLOSED		