



~An NC Certified Senior Center of Excellence~ 121 Town Hall Drive NE
 Veronica Lett-McGee, Director
 Brittany Steinkamp, Assistant Director
 Leland, NC 28451
 910-754-7701

Center Hours
 Mon - Fri 8a - 4p

July 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

July 2022 - Monthly Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Monthly & Semimonthly Events: |
|--|---|---|------------------------------------|--|--|
| | | | | 1 CENTER CLOSED | 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 Help 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: 7/8, 12p: Medication & Wellness Topic: UV Safety 7/11, 10a: Salute to Summer (Leland Larks) 7/13, 10a: Hurricane Preparedness 7/18, 10:30a: Chocolate Milkshakes w/ Britt CLOSED JUNE 29TH - JULY 6TH **REOPENING THURSDAY, JULY 7TH** |
| 4 CLOSED | 5 CENTER CLOSED | 6 CENTER CLOSED | 7 | 8 M&W: UV Safety 12p Sit & Stitch 12:30p | |
| 11 The Leland Larks: Salute to Summer 10a | 12 Tech Help 10a | 13 Hurricane Preparedness 10a | 14 | 15 Quilting Bee 9a | |
| 18 Chocolate Milkshakes w/ Brittany | 19 Leland Larks & Bible Study 10:30a | 20 Blood Pressure 10:30a Hand & Foot 1p | 21 Meet w/Case Mgr During lunch | 22 | |
| 25 | 26 | 27 Coups for Troops 9:30 | 28 CG Support Group 10a | 29 | |