



~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

August 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)	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

August 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, 10:30a: 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, 10:45a: 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: 8/4, 10a: Chocolate Chip Cookies 8/8, 10:30a: Seashell Crafts w/ Donna 8/22, 10:30a: Beverages w/ Brittany 8/29, 10:30a: Say You, Say Me (Poetry & Music w/ Louise) 8/29, 12p: Board of Elections - Election Orientation Day
1	2 Leland Larks & Bible Study 10:30a	3 Hand & Foot 1p	4 Chocolate Chip Cookie Day!	5 Quilting Bee 9a Mo. Birthday Celebration	
8 Seashell Crafts w/ Donna 10:30a	9 Tech Help 10a	10	11	12 Sit & Stitch 12:30p	
15	16 Leland Larks & Bible Study 10:30a	17 Blood Pressure 10:45a Hand & Foot 1p	18 Meet w/Case Mgr During lunch	19 Quilting Bee 9a	
22 Beverages w/ Brittany	23	24	25 CG Support Group 10a	26	
29 Say You, Say Me 10:30a Election Orientation Day 12p	30	31 Coups for Troops 9:30			