



~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

September 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

September 2022 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Monthly & Semimonthly Events:
			1	2 *No Yoga* 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 Help Tuesday *2nd & 4th Thurs, 2p: Mental Health Talk* 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: 9/5: CLOSED—Labor Day 9/12, 10a: Begin the Conversation Pres. By Lower Cape Fear Life Care 9/16: CLOSED—Staff Training Day 9/19, 10:30a: Beverages w/ Brittany *Senior Center Month Activities*
5 CLOSED 	6 *Western Day* Western TV Trivia Leland Larks & Bible Study	7 Hand & Foot 1p	8 Mental Health Talk 2p—NEW	9	
12 Begin the Conversation Presentation 10a	13 *Hero/Villain* Show & Tell Tech Help 10a	14	15 Meet w/ Case Mgr	16 CLOSED Staff Training Day	
19 Beverages w/ Brittany 10:30a	20 *White Shirt* Yearbook Day Leland Larks & Bible Study 10:30a	21 Blood Pressure 10:45a Hand & Foot 1p	22 CG Support Group 10a Mental Health Talk 2p—NEW	23	
26	27 *PJ Day* Guess Who: Guess until Friday	28 Coups for Troops 9:30	29	30	