

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

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Leland, NC 28451  
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Center Hours  
Mon - Fri 8a - 4p

### November 2022 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>Black = No Fee ; Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up Blue = New Offering/Time; Purple = Virtual/Online</b>				
9:30 Geri-Fit 10:30 Trivia w/ Louise	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 Walking Group 10:30 Line Dance (Beg)
<b>*11:30a Lunch*</b>	<b>*11:30a Lunch*</b>	<b>*11:30a Lunch*</b>	<b>*11:30a Lunch*</b>	<b>*11:30a Lunch*</b>
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	

### November 2022 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Monthly & Semimonthly Events:
	1 Leland Larks & Bible Study 10:30a	2 Hand & Foot 1p	3 *No Chair Aerobics or TRX*	4 Quilting Bee 9a  Mo. Birthday Celebration	<b>Daily Announcements:</b> During Lunch PRN <b>1st Fri, (At Lunch):</b> Mo. B-day Celebration <b>1st &amp; 3rd Tues, 10:30a:</b> Bible Study <b>1st &amp; 3rd Tues, 10:30a:</b> Leland Larks <b>1st &amp; 3rd Wed, 1-3p:</b> Hand & Foot Cards <b>1st &amp; 3rd Fri, 9a-12p:</b> Quilting Bee <b>2nd Tues, 10a:</b> Tech Help Tuesday <b>2nd &amp; 4th Thurs, 2p:</b> Mental Health Talk <b>3rd Wed, 10:45a:</b> Blood Pressure Cks <b>3rd Thurs, 11:45a:</b> Meet w/ Case Mgr <b>4th Thurs, 10a:</b> CG Support Grp <b>Last Wed., 9:30a:</b> Coups for Troops <b>Special Events &amp; Presentations:</b> <b>11/10, 9a:</b> Veterans Breakfast ^ <b>11/14, 10:30a:</b> Say You, Say Me Music & Poetry w/ New Horizons <b>11/18, 1p:</b> Paint Pouring w/ Janyce ^\$5 <b>11/21, 10:30a:</b> Hot Chocolate w/ Brittany  <b>Election Day Schedule Changes</b> <u>Monday, 11/7:</u> Cardio Dance is canceled. <u>Tuesday, 11/8:</u> ONLY Congregate, other programs and activities are canceled. <u>Wednesday, 11/9:</u> Geri-Fit and Line Dancing are canceled.
7	8	9	10 Veterans Bkft^ 9a  Mental Health Talk 2p	11 <b>CLOSED</b> 	
14 Say You, Say Me New Horizons 10:30	15 Leland Larks & Bible Study 10:30a	16 Blood Pressure 10:45a  Hand & Foot 1p	17 CG Support Group 10a  Meet w/ Case Mgr	18 Quilting Bee 9a  Paint Pouring w/ Janyce^\$5 1p	
21 Hot Chocolate w/ Brittany 10:30a	22 *No Cardio Drumming*	23	24 <b>CLOSED</b>	25 <b>CLOSED</b>	
28	29	30 Coups for Troops 9:30a			