

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

Brittany Steinkamp, Director
Caroline McLeod, Assistant Director

121 Town Hall Drive NE
Leland, NC 28451
910-754-7701

Center Hours
Mon - Fri 8a - 4p

December 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 10:30 Trivia w/ Louise	9:00 Pinochle Group 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 Group 9:00 TRX^ 9:30 Chair Aerobics 10:00 BINGO-\$ (25 cents/card)	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	*Tai Chi Arthritis & Fall Prevention

December 2022 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Monthly & Semimonthly Events: Daily Announcements: During Lunch PRN 1st Fri, (At Lunch): Mo. B-day 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 & 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: 12/5, 10a: Holiday Decorating 12/7, 12p: Medication & Wellness: Influenza 12/12, 10:30a: Seashell Crafts 12/13, 10a: Day Trip: Shopping (Sign Up)^ 12/16, 10a: Holiday Party 12/19, 10:30a: Christmas Melodies w/ the Leland Larks 12/20, 1p: Bridge Club Holiday Closure December 21st-January 2nd Operations will resume January 3rd! <i>Happy Holidays</i>
			1	2 Quilting Bee 9a Mo. Birthday Celebration	
5 Holiday Decorating 10a	6 Leland Larks & Bible Study 10:30a	7 M&W: Influenza 12p Hand & Foot 1p	8 Mental Health Talk 2p	9	
12 Seashell Crafts 10:30a	13 Shopping Trip^ 10a	14	15 CG Support Grp 10a	16 Quilting Bee 9a Holiday Party! 10a	
19 Christmas Melodies 10:30a Happy Hanukkah! 	20 Leland Larks & Bible Study 10:30a Bridge Club 1p	CLOSED			
26 Happy Kwanzaa! 	For the Holidays!				