

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

### January 2023 - 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 9:30 Chair Aerobics 10:00 BINGO-\$ (50 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

### January 2023 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Monthly &amp; Semimonthly Events:</b> 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 2nd Tues, 12p: Tech Help Tuesday 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 <b>Special Events &amp; Presentations:</b> 1/2: CLOSED 1/9, 10a: Health Screenings Brought to you by the YMCA & BWC 1/10, 10a: Museum Trip^ 1/13, 10a: Gary Bradt 1/16: CLOSED 1/24, 10a: Donuts w/ the Director 1/27, 10:30a: Mayor Bozeman
2 Center CLOSED	3 *No Tai Chi*  Leland Larks & Bible Study 10:30a	4  Hand & Foot 1p	5	6 Quilting Bee 9a  Mo. Birthday Celebration	
9 Health Screenings 10a	10 Museum Trip^\$5 10am Tech Help 12p	11	12 Mental Health Talk 2p	13 Gary Bradt: Tips & Techniques for a Happier Life 10a	
16 CLOSED  	17 Leland Larks & Bible Study 10:30a	18 BP Checks 10:45a  Hand & Foot 1p	19	20 Quilting Bee 9a	
23	24 Donuts w/ the Director 10a  	25 Coups for Troops 9:30a	26 CG Support Grp 10a  Mental Health Talk 2p	27 Mayor Bozeman 10:30a	
30	31				