

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

March 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 | 8:15 Classical Mat Pilates^ 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 Circuit Training 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 Arthritis & Fall Prevention 12:30 Sleep Mats 2:00 Cardio Drumming | 12:30 Acrylic Painting 1:00 Bridge Club | 12:30 Tai Chi Arthritis & Fall Prevention 1-4p Oil Painting 1:30 Cardio Dance | |

March 2023 - 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 Mon, 10:30a: Trivia w/ Louise 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 Special Events & Presentations: 3/1, 10:30a: Legislative Priorities w/ Kathryn Lawler 3/2, 5-6:30p: Introduction to Medicare 3/7: National Cereal Day 3/8, 9a: Coffee w/ a Cop 3/10, 12p: Nutrition Education 3/13, 10:30a: Seashell Crafts 3/14, 10a: Day Trip to Duplin Winery 3/15, 10a: St. Patrick's Presentation 3/17: Center CLOSED 3/21, 9:45a: Tea w/ Caroline 3/27, 10:30a: Founders Park Presentation w/ Wyatt Richardson |
|---|---|--|---|---|---|
| | | 1 Legislative Priorities 10:30a Hand & Foot 1p | 2 Intro to Medicare 5-6:30p | 3 Quilting Bee 9a Mo. Birthday Celebration | |
| 6 Trivia w/ Louise 10:30a | 7 National Cereal Day! Leland Larks & Bible Study 10:30a | 8 Coffee w/ a Cop 9a | 9 *No Tai Chi* Mental Health Talk 2p | 10 Nutrition Education 12p | |
| 13 Seashell Crafts 10:30a | 14 Duplin Winery 10a—\$5 Tech Help 12p | 15 St. Patty's Pres. 10a BP Checks 10:45a Hand & Foot 1p | 16 | 17 CENTER CLOSED— Staff Education | |
| 20 Trivia w/ Louise 10:30a | 21 Tea w/ Caroline 9:45a Leland Larks & Bible Study 10:30a | 22 Coups for Troops 9:30a | 23 CG Support Grp 10a Mental Health Talk 2p | 24 | |
| 27 Founders Park Presentation 10:30a | 28 *No Tai Chi* | 29 | 30 *No Tai Chi* | 31 | |