

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

May 2023 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>Black = No Fee ; Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up Blue = New Offering/Time; Purple = Virtual/Online</p>				
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)	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 3:00 -\$-Parkinson's Ex. (Int)	12:30 Tai Chi Arthritis & Fall Prevention 12:30 Sleep Mats 2:00 Cardio Drumming	12:30 Acrylic Painting 1:00 Bridge Club 2:00 -\$-Yoga Stretch	12:30 Tai Chi Arthritis & Fall Prevention 1-4p Oil Painting 1:30 Cardio Dance	2:00 -\$-Chair Yoga

May 2023 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>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: 5/1, 10a: Caregiver Academy^ 5/5, 10a: Cinco de Mayo Fiesta 5/9, 9:30a: -\$-Casino Boat Day Trip^ 5/12, 10a: Muffins & Mocktail Mimosas for Mothers 5/22, 10:30a: Seashell Crafts 5/26, 12p: Nutrition Education—Gut Health</p>
<p>1 Caregiver Academy^ 10a Trivia w/ Louise 10:30a</p>	<p>2 Leland Larks & Bible Study 10:30a</p>	<p>3 Hand & Foot 1p</p>	<p>4</p>	<p>5 Quilting Bee 9a Cinco de Mayo Fiesta 10a Monthly Bday Celebration</p>	
<p>8</p>	<p>9 -\$-Casino Boat Day Trip^ Tech Help 12p</p>	<p>10</p>	<p>11 Mental Health Talk 2p</p>	<p>12 Muffins & Mocktail Mimosas for Mothers 10a</p>	
<p>15 Trivia w/ Louise 10:30a</p>	<p>16 Leland Larks & Bible Study 10:30a</p>	<p>17 BP Checks 10:45a Hand & Foot 1p</p>	<p>18 Meet w/ Case Mgr 12p</p>	<p>19 Quilting Bee 9a</p>	
<p>22 Seashell Crafts 10:30a</p>	<p>23</p>	<p>24</p>	<p>25 CG Support Grp 10a Mental Health Talk 2p</p>	<p>26 Nutrition Education 12p</p>	
<p>29 CLOSED Memorial Day </p>	<p>30</p>	<p>31 Coups for Troops</p>			