




## January 2019 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>Black</b> = No Fee ( <i>Contributions always appreciated</i> ); <b>Green or \$</b> = Fee Based Class; <b>Red ^</b> = Requires Prior Sign Up; <b>Blue</b> = New Offering/Time				
10:30 Chair Aerobics 11:30 \$-TRX Series^	8:30 Strength & Core 9:30 Morning Yoga 10:00 Painting 10:30 Balance Class 11:30 \$-Zumba Gold 11:30 Larks Choir Practice	8:30 Total Body Cond. 9:30 Geri-Fit 9:30 Line Dancing-Int. 10:00 Crafts 10:00 Computer Help	10:30 \$-BINGO 10:30 Arthritis Exercise	8:30 \$-Super Sampler^ 10:00 Geri-Fit 11:00 Arthritis Exercise 11:00 Line Dancing-Beg.
<b>12p Lunch</b>	<b>12p Lunch</b>	<b>11:30a EARLY Lunch</b>	<b>12p Lunch</b>	<b>12p Lunch</b>
12:30 Monday Crafts 12:30 Walk w/ Ease 1:00 Mah Jongg 4:30 \$-Cardio Dance^	1:00 Sleep Mats 1:00 \$-Parkinson's Ex. I^ 2:00 \$-Parkinson's Ex. II^	12:30 Painting 1:00 \$-Tabata^ 1:00 Bridge Club 2:00 \$-Hybrid Yoga^	12:30 Senior Bootcamp 1:00 Oil Painting	12:30 Balance Class 1:30 Yoga

## January 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>Regular Monthly &amp; Semimonthly Events:</b>
	<b>1 CLOSED</b>	<b>2</b> Hand & Foot 1p	<b>3</b>	<b>4</b> BIRTHDAYS <i>Cake at Lunch</i>  GAME DAY 1p	<p><b>Daily Announcements:</b> During Lunch</p> <p><b>1st Fridays, (At Lunch):</b> Celebrate Birthdays</p> <p><b>1st &amp; 3rd Tuesdays, 12p:</b> Sewing Bee</p> <p><i>Cancelled 1st Tues.—Closed for New Years Day</i></p> <p><b>1st &amp; 3rd Weds, 1p:</b> Hand &amp; Foot Card Game</p> <p><b>1st &amp; 3rd Friday, 1p:</b> Game Day</p> <p><b>2nd Thursday, 10a:</b> Caregiver Support Group</p> <p><b>2nd Tuesday:</b> Monthly Outing (Details TBA)</p> <p><b>3rd Monday, 10:30a</b> Hired Hands Music</p> <p><b>3rd Thursday, 12p:</b> Meet &amp; Greet with Sandy, Leland's Case Manager During Lunch</p> <p><b>Last Wednesday, 9:30a:</b> Coups for Troops</p> <p><b>4th Thursday, 2-3p:</b> Leland Center Book Club</p> <p><b>Special Events &amp; Presentations:</b></p> <p><b>1/7: Post Hurricane Counseling 10:30a</b> <i>By FEMA—Hope4NC</i></p> <p><b>1/11: Mallory's Nutrition Class 12:00p</b></p> <p><b>1/11: Memorial Pre-Planning 10:30a</b> <i>By Dignity Memorial</i></p> <p><b>1/16: Blood Pressure Checks 10:30a</b> <i>Liberty Homecare &amp; Hospice</i></p>
<b>7</b> Post Hurricane Counseling 10:30a	<b>8</b> MONTHLY OUTING Nutrition Ed.12p	<b>9</b>	<b>10</b> CAREGIVER SUPPORT GROUP 10a	<b>11</b> Memorial Pre-Planning 10:30a	
<b>14</b> Hired Hands 10:30a	<b>15</b> SEWING 12-3p	<b>16</b> BP Checks 12p Hand & Foot 1p	<b>17</b> Meet w/Sandy Leland's Case Manager, 12p	<b>18</b> GAME DAY 1p	
<b>21</b> CLOSED 	<b>22</b>	<b>23</b>	<b>24</b> Leland Center Book Club 2-3p	<b>25</b>	
<b>28</b>	<b>29</b>	<b>30</b> COUPS For TROOPS 9:30a	<b>31</b>		



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 Hours:  
 M 8a-5:30p,  
 T-F 8a-4p  
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