

February 2019 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Black = No Fee (<i>Contributions always appreciated</i>); Green or \$ = Fee Based Class; Red ^ = Requires Prior Sign Up; Blue = 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 11:00 Computer Help	10:30 \$-BINGO <i>(cancelled 2/14)</i> 10:30 Arthritis Exercise	8:30 \$-Super Sampler [^] 10:00 Geri-Fit 11:00 Line Dancing-Beg.
12p Lunch	12p Lunch	11:30a EARLY Lunch	12p Lunch	12p Lunch
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	1:30 Yoga

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

February 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
121 Town Hall Dr. Leland, NC. Hours: M 8a-5:30p, T-F 8a-4p 910-754-7701 www.bsrinc.org				1 BIRTHDAYS <i>Cake at Lunch</i> Game Day 1p	Regular Monthly & Semimonthly Events: Daily Announcements: During Lunch 1st Fridays, (At Lunch): Celebrate Birthdays 1st & 3rd Tuesdays, 12p: Sewing Bee 1st & 3rd Weds, 1p: Hand & Foot Card Game 1st & 3rd Friday, 1p: Game Day 2nd & 4th Thurs, 10a: Caregiver Support Grp 2nd Tuesdays: Monthly Outing (Details TBA) 2nd Tuesdays, 12p: Monthly Nutrition Ed. 3rd Mondays, 10:30a Hired Hands Music <i>(Rescheduled this month)</i> 3rd Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Thursday, 2-3p: Leland Center Book Club 4th Fridays, 10a: Music with Willie Special Events & Presentations: 2/4: A1c Screening 9:00a—1:00p 2/4: Senior Citizens Academy 10:15a <i>4 Week Series by The Sheriff's Dept.</i> 2/5 & 2/19: Weight Loss Challenge 10a 2/6: Veteran Meetup 1:00p <i>American Legion Post #68</i> 2/8: Understanding Hospice 10:30a <i>LCFH Talk by Lower Cape Fear Hospice</i> 2/13: Children's Home Project Pres. 10:30a 2/14: Valentine's Day Party 10:00a– 12p 2/19 & 2/26th: Powerful Tools for Caregivers 1:30p– 6 Week Series by Cape Fear Hospice 2/20: Blood Pressure Checks 10:30a
4 A1c Screening 9a-1p Sr. Citizens Academy 10:15a	5 Wt. Loss 10a Sewing 12-3p	6 Hand & Foot 1p Vet Meetup 1p		8 Understanding Hospice 10:30a	
11 Sr. Citizens Academy 10:15a	12 MONTHLY OUTING Nutrition Ed. 12p	13 Children's Home Project Presentation 10:30a	14 V'Day Party 10a Caregiver Grp 10a	15 Game Day 1p	
18 Sr. Citizens Academy 10:15a	19 Wt. Loss 10a Sewing 12p Tools for Caregivers 1:30p	20 Hand & Foot 1p BP Checks 10:30a	21 Meet w/Sandy Leland's Case Manager, 12p	22 Music w/Willie 10a	
25 Sr. Citizens Academy 10:15a	26 Tools for Caregivers 1:30p	27 Coups for Troups 9:30a	28 Caregiver Grp 10a Book Club 2-3p		