

March 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 10:00 Crafts 10:30 Line Dancing-Int. 11:00 Computer Help	10:30 \$-BINGO 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 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

March 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
				1 BIRTHDAYS <i>Cake at Lunch</i> Game Day 1p	<p>Announcements: During Lunch as Needed 1st Fridays, (At Lunch): Celebrate Birthdays <i>Wilmington Funeral & Cremation</i> 1st Tuesdays, 10:30a: Bible Study 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 3rd Wednesdays, 10:30a: Blood Pressure Cks <i>Liberty Homecare & Hospice</i> 3rd Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Fridays, 10a: Music with Willie</p> <p>Special Events & Presentations: 3/5: Weight Loss Challenge 10a 3/5-3/26: Powerful Tools for Caregivers 1:30p <i>6 Week Series by Cape Fear AAA</i> 3/5: Mardi Gras Activities 10:30a <i>Let's see your beads!</i> 3/6: Veteran Meetup 1:00p <i>American Legion Post #68</i> 3/8 Caroline's Tea 10:30a 3/11: Coping Skills & Management 10:30a <i>By FEMA - Hope4NC</i> 3/15: St. Patrick's Day Party 10:30a <i>Wear Your Green for Good Luck!</i> 3/19: Balance Program 10:30a <i>Pruitt Home Health</i> 3/21: March Madness - Wear Your Team Gear 3/26: Leland Larks Show 10:30a</p>
4 	5 Wt. Loss 10a Bible Study 10:30a Sewing 12-3p Tools 4	6 Hand & Foot 1p Vet Meetup 1p	7	8 Caroline's Tea 10:30a 	
11  FEMA Coping Skills w/FEMA 10:30a	12 Monthly Outing Nutrition Ed. 12p Tools 4 Caregivers 1:30p	13	14 Cg Support Grp 10a	15 St. Patrick's Day Party 10:30a Game Day 1p	
18 Hired Hands Music 10:30a	19 Balance Screen 10:30a Sewing 12p Tools 4 Caregivers 1:30p	20 BP Checks 10:30a Hand & Foot 1p	21 March Madness! Wear Your Team Meet w/Sandy Case Mgr, 12p	22 Music with Willie 10a	
25	26 Leland Larks Show 10:30a Tools 4	27 Coups for Troops 9:30a	28 Cg Support Grp 10a	29 	