

April 2019 - Weekly Activity Schedule

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

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

April 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events: Daily Announcements: During Lunch 1st Fridays, (At Lunch): Celebrate Birthdays 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 Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Fridays, 10a: Music with Willie Special Events & Presentations: 4/3: Veteran Meetup 1:00p <i>American Legion Post #68</i> 4/5: Caroline's Farewell Tea 10:30a 4/4, 4/11, 4/18: 3 Weeks Yoga Workshop With Emily at 2:00p on Thursdays 4/13: Indoor Yard Sale 9:00a—12:00pm 4/17: Blood Pressure Checks 10:30a <i>Liberty Homecare & Hospice</i> 4/16 Easter Basket Decorating 10:30a 4/19: CLOSED—Good Friday 4/22: Earth Day Activity 10:30 am
1	2 Bible Study 10:30a Sewing 12p	3 Hand & Foot 1p Vet Meetup 1p	4 Yoga Workshop 2p	5 BIRTHDAYS Cake at Lunch Caroline's Tea 10:30a Game Day 1p	
8	9 MONTHLY OUTING Nutrition Ed. 12p	10	11 Caregiver Grp 10a Yoga Workshop 2p	12	
15 Hired Hands Music 10:30a	16 Easter Basket Décor 10:30a Sewing 12p	17 BP Checks 10:30a Hand & Foot 1p	18 Meet w/Sandy Case Mgr, 12p Yoga Workshop 2p	19 CLOSED 	
22 Earth Day Activities 10:30a 	23	24 Coups for Troops 9:30a	25 Caregiver Grp 10a	26 Music with Willie 10a	
29	30				

121 Town Hall Dr.
Leland, NC.
Hours:
M 8a-5:30p,
T-F 8a-4p

