

**BSRI Nutrition Program**  
**at Boiling Spring Lakes Parks & Recreation Department**  
 1 Leeds Road Boiling Spring Lakes, NC 28461  
 910-363-0018

BSRI Nutrition Program Operating Hours:  
 10 a.m. to 2 p.m. Monday, Wednesday, & Friday  
 910-754-2300  
 Program Information [www.cityofbsl.org](http://www.cityofbsl.org) or 363-0018

May 2019		<i>*Subject to change, email or call Karlin 910-363-0018 ext.2 or kwest@cityofbsl.org*</i>				
Monday	Tuesday	Wednesday	Thursday	Friday		
		1 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch <b>12:15pm</b> <b>Guest Speaker:</b> <b>Notary Service and</b> <b>Power of Attorney</b> 12:30pm Rummikub 12:30 Cards & Dice 6:15-7:15pm Zumba	2 <b>7:45am-6pm</b> <b>Swansboro, NC</b> <b>Day Trip</b> 10am Mah Jong 6pm All Levels Yoga	3 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards		
6 <b>9am Card Making</b> 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga	7 9:30-10:30am Clogging 6:30 Line Dance Club	8 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15-7:15pm Zumba	9 10am Mah Jong 6pm All Levels Yoga	10 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch <b>12:30pm Ice Cream</b> <b>Birthday Social</b> 12:30pm Rummikub 12:30 Dominoes, Dice and Cards		
13 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice	14 9:30-10:30am Clogging 6:30 Line Dance Club	15 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15-7:15pm Zumba	16 10am Mah Jong <b>12pm</b> <b>Lunch Bunch:</b> <b>Applebee's</b> 6pm All Levels Yoga	17 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards		
20 10am Walking Class 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga	21 9:30-10:30am Clogging 6:30 Line Dance Club	22 10am Walking Class 11am Fit 4 Life <b>12:15pm</b> <b>Guest Speaker:</b> <b>BSRI Nutritional</b> <b>Talk</b> 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15-7:15pm Zumba	23 10am Mah Jong <b>11am Brown Bag</b> <b>and a Movie</b> 6pm All Levels Yoga	24 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards		
27 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15pm All Levels Yoga	28 9:30-10:30am Clogging 6:30 Line Dance Club	29 10am Walking Class 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Cards & Dice 6:15-7:15pm Zumba	30 <b>9am- 2pm</b> <b>Blood Drive</b> 10am Mah Jong 6pm All Levels Yoga	31 10am Qi Gong/Tai Chi 11am TOPS 11am Fit 4 Life 12pm Senior Lunch 12:30pm Rummikub 12:30 Dominoes, Dice and Cards		