

May 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									
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	11:00 Line Dancing-Beg.
	10:00 Painting	10:00 Crafts	10:30 Arthritis Exercise		11:30 Larks Choir Practice	10:30 Line Dancing-Int.			
	11:30 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

May 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
		1 Hand & Foot 1p Vet Meetup 1p	2	3 BIRTHDAYS Cake at Lunch Sewing Bee 9a Game Day 1p	Daily Announcements: During Lunch 1st Fridays, (At Lunch): Celebrate Birthdays 1st Tuesdays, 10:30a: Bible Study 1st & 3rd Weds, 1p: Hand & Foot Card Game 1st & 3rd Friday, 9a: Sewing Bee (NEW TIME) 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 Liberty Homecare & Hospice 3rd Thursdays, 12p: Meet with a Case Mgr Last Wednesdays, 9:30a: Coups for Troops 4th Fridays, 10a: Music with Willie Special Events & Presentations: 5/1: Veteran Meetup 1:00p American Legion Post #68 5/3: Cinco De Mayo Activity 10:30a 5/7: How to Become a Paid Caregiver 10:30a 5/8: Community Homecare & Hospice 10:30a 5/10: Mothers Day Celebration 10:30a BB&T Mother's Day Plantings 5/21: WAVE Transportation Presentation 10:30a 5/23: Hawaiian Luau Party 10:30a 5/29: Medicare 101 10:30a 5/31: Disaster Relief and Management 10:30a By FEMA—Hope4NC 121 Town Hall Dr. Leland, NC. Hours: M 8a-5:30p, T-F 8a-4p
6	7 MONTHLY OUTING Bible Study 10:30a Caregiving 10:30a	8 Community Homecare 10:30a	9 Caregiver Grp 10a	10 Mother's Day Celebration 10:30am	
13	14 Nutrition Ed. 12p	15 BP Checks 10:30a Hand & Foot 1p	16 Meet w/Sandy Case Mgr, 12p	17 Sewing Bee 9a Game Day 1p	
20 Hired Hands Music 10:30a	21 WAVE Presentation 10:30a	22	23 Cg Support 10a LUAU 10:30a 	24 Music with Willie 10a	
27 CLOSED 	28	29 Coups for Troops 9:30a Medicare 101 10:30a	30	31 Disaster Relief 10:30a	

