




September 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 11:30 \$-TRX	8:30 Strength & Core 9:00 \$-TRX 9:30 Morning Yoga 10:00 Painting 10:30 Balance Class 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
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 \$-Step-Tastic Express (30min)^	12:30 Bid Whist 1:00 Oil Painting	1:30 Yoga

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

September 2019 - Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
2 CLOSED FOR LABOR DAY	3 Bible Study 10:30a	4 English Tea 10:30a Hand & Foot 1p	5	6 Sewing Bee 9a Birthdays at Lunch 12p	Daily Announcements: During Lunch PRN 1st & 3rd Tuesdays, 10:30a: Bible Study 1st & 3rd Weds, 1p: Hand & Foot Cards 1st Fridays, Lunch: Mo. Bday Celebration 1st & 3rd Friday, 9a: Sewing Bee 2nd Tuesdays: Monthly Outing 2nd & 4th Thurs, 10a: CG Support Grp 2nd & 4th Friday, 1p: Game Day 3rd Mondays, 10-11a: Hired Hands Music 3rd Weds, 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, 10-11a: Music with Willie Special Events & Presentations: 9/4: English Reminiscence Tea 10:30a 9/9: Hope4NC, 10:30a 9/13: Poetry Lounge with Louise 10:30a 9/11: Donuts w/ the Director 10:30a 9/17: Wellness Ed. Support Grp 10:30a <i>September Topic: Bone Health</i> 9/13: Poetry Lounge with Louise 10:30a 9/24: Tech Tuesday 10:30a 9/23: Monthly Nutrition Ed. 11:30a 9/30: Mystery Activity w/ Jade 10:30a
9 Hope 4 NC Disaster 10:30a	10 Mo. Outing	11 Donuts w/ Director 10:30a 	12 Caregiver Support Grp 10a	13 Poetry Lounge w/ Louise 10:30a Game Day 1-3p	
16  Hired Hands Music 10-11a	17 Wellness Ed Support Grp 10:30a Bible Stdy 10:30a	18 BP Checks 10:30a Hand & Foot 1p	19 Meet w/Sandy Case Mgr, 12p	20 Sewing Bee 9a	
23 Nutrition Ed. 11:30a	24 Tech Tuesday 10:30a	25 Coups for Troops 9:30a	26 Caregiver Support Grp 10a	27 Music w/ Willie 10-11a Game Day 1-3p	
30 Mystery Monday Activity w/Jade 10:30a		121 Town Hall Dr. Leland, NC. 28451 (910) 754-7701 M 8a - 5p T-F 8a - 4p	