

## ACTIVITIES SCHEDULE – JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>	<b>EVERY WEEK</b>
9:30 Bingo \$ 10:00 Bridge-Carteret 399rs 10:00 Tai Chi Chih 11:00 Flexercise 12:15 Movie Matinee	9:00 Dance Fitness \$ 9:00 Tai Chi for Arthritis 9:00 Twisted Sisters 9:30 Sit N Curl 10:30 Woo Ball 12:30 Bridge-Carteret 12:30 Chair Yoga 2:00 Yoga \$ (pre-register)	9:00 Tai Chi for Arthritis 9:30 Canasta 9:30 Arts and Crafts 10:30 Senior Sing 11:00 Flexercise 12:30 Line Dance-Beginners 1:15 Bingo - FREE 1:30 Line Dancing CLUB	8:00 Coffee with a Cop 8:30 Bridge – Bonnie 9:00 Dance Fitness \$ 9:00 Tai Chi - <b>Advanced</b> 9:00 Twisted Sisters 9:30 Sit N Curl 10:00 Bible Study 12:45 Bridge – Chicago	9:30 Bingo 11:00 Flexercise 12:30 Bridge – Friendly
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
12:00 Mini Bridge (pre- register) 1:00 Mah Jong	9:30 Blood Pressure Check <b>NO Dance Fitness</b>	10:00 Senior Singing 10:30 Flexercise 11:00 Senior Voice	<b>NO Dance Fitness</b>	<b>12:00 Shopping Trip</b> (pre-register) <b>7:30 Friday Night Dance</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
		10:30 Flag Day 12:00 Parkinson’s Support Group	1:00 Alzheimer’s Caregivers Support Group	9:00 Senior Companions <b>11:15 Father’s Day</b> <b>12:00 Maritime Museum</b> (pre-register) 12:00 COACH VA <b>1:00 Dementia Live</b> 1:00 Mental Health Caregivers Support
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
1:00 Mah Jong	<b>10:30 Sun, Fun &amp; Safety            Seminar</b>  <b>NO WooBall</b>			<b>10:00 Come Cruise With            Me – Senior Prom</b> <b>12:00 Ft. Macon Museum</b> (pre-register) <b>7:30 Friday Night Dance            Prom Night</b> <b>NO Bingo NO Flexercise</b>

<b>24</b> 8:00 Yoga Sign Up	<b>25</b> 9:30 Blood Pressure Check	<b>26</b> 1:30 NCWorks (pre-register)	<b>27</b>	<b>28</b> 9:00 Foster Grandparents <b>12:00 NC Aquarium</b> (pre-register)
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Calendar subject to change without notice

**DAILY DROP-IN ACTIVITIES**  
**Available 8:00am to 4:30pm (unless otherwise noted)**

Billiards: Room 108	Library	Jigsaw Puzzles: Library	Pinochle: Library
Stretchercise: Room 112	Computer Lab	Fitness Center	Senior Center Orientation
Coffee/Social: Dining Room	Senior Helping Seniors	Walking Club	Outdoor Sports
Table Games Room 106	Xbox 360: Room 106	Bikes – Free Rental	Indoor Sports: MP-A

**Lunch 11:30** (Must be pre-registered)

**Please visit our Facebook page and see how much fun we have!**

[www.facebook.com/leonmannseniorcenter](http://www.facebook.com/leonmannseniorcenter)



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OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM