

# ACTIVITIES SCHEDULE – NOVEMBER 2022 (revised 11/2/2022)

Calendar subject to change without notice

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>
9:00 Arthritis Foundation Exercise Program 11:00 Flexercise 12:30 Bridge-Celebrity 1:00 Arthritis Foundation Exercise Program	9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 9:00 Bridge-The Sands 10:15 Stretcherercise 10:30 WooBall 10:30 Yoga \$ (pre-register) 12:30 Bridge-Carteret 1:00 BINGO	9:00 Arthritis Foundation Exercise Program 10:00 Arts and Crafts 10:15 Stretcherercise 10:30 Senior Sing 10:30 Chair Yoga 11:00 Flexercise 1:00 Arthritis Foundation Exercise Program 1:00 Canasta	9:00 Twisted Sisters 9:00 Tai Chi for Arthritis 10:00 Bible Study 10:15 Stretcherercise 12:30 Bridge – Chicago	9:30 Flex Friday 9:30 BINGO 11:00 Flexercise 12:30 Bridge – Friendly
	<b>1</b>  <b>9:30 Blood Pressure Checks</b>	<b>2</b>  <b>10:00 Healthy Eating &amp; Living</b>	<b>3</b>  <b>9:30 NC Works</b>	<b>4</b>  <b>7:30 Friday Night Dance</b>  <b>10:00 Android Cell Phone Class</b>
<b>7</b>  10:00 Leon Mann General Store  1:00 Mah Jong	<b>8</b>  10:00 Leon Mann General Store	<b>9</b>  <b>10:00 Veteran’s Day Celebration</b>	<b>10</b>  1:00-3:00 Mexican Dominos	<b>11</b>  <b>CLOSED</b>
<b>14</b>  10:00 Leon Mann General Store	<b>15</b>  10:00 Leon Mann General Store	<b>16</b>	<b>17</b>  <b>9:30 NC Works</b>  <b>10:00 Holiday Safety &amp; Identity Theft</b>	<b>18</b>  <b>7:30 Friday Night Dance</b>  <b>10:00 Android Cell Phone Class</b>

<b>21</b> 10:00 Leon Mann General Store  1:00 Mah Jong	<b>22</b> 10:00 Leon Mann General Store	<b>23</b> <b>10:00 Thanksgiving  Celebration</b>	<b>24</b> <b>CLOSED</b>	<b>25</b> <b>CLOSED</b>
<b>28</b> 10:00 Leon Mann General Store	<b>29</b> 10:00 Leon Mann General Store	<b>30</b>		

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

- |                       |                |                        |                           |
|-----------------------|----------------|------------------------|---------------------------|
| Billiards             | Library        | Jigsaw Puzzles         | Pinochle                  |
| Stretchercise         | Computer Lab   | Fitness Center         | Senior Center Orientation |
| Table Games           | Cornhole       | Indoor-Outdoor Walking | Outdoor Sports            |
| Drop-In Coffee/Social | Gaming Systems | Bikes – Free Rental    |                           |
- 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