

ACTIVITIES SCHEDULE – MARCH 2023 (revised 3/7/2023)

Calendar subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVERY WEEK	EVERY WEEK	EVERY WEEK	EVERY WEEK	EVERY WEEK
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 Stretcherchise 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 Stretcherchise 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 Stretcherchise 12:30 Bridge – Chicago	9:30 Flex Friday 9:30 BINGO 11:00 Flexercise 12:30 Bridge – Friendly
		1	2	3
			9:30 NC Works 10:00 Bingocize (pre-register)	9:00 Steps to Health Introduction 7:30 Friday Night Dance “Glow Party”
6	7	8	9	10
10:00 Leon Mann General Store 1:00 Mah Jong	9:30 Blood Pressure Checks 10:00 Leon Mann General Store 10:00 Bingocize (pre-register)		1:00-3:00 Mexican Dominos 10:00 Bingocize (pre-register)	9:00 Senior Voice
13	14	15	16	17
10:00 Leon Mann General Store	10:00 Leon Mann General Store 10:00 Bingocize (pre-register)		9:30 NC Works 10:00 Bingocize (pre-register)	7:30 Friday Night Dance 11:00 St. Patrick’s Day

20 10:00 Leon Mann General Store 1:00 Mah Jong	21 10:00 Leon Mann General Store 10:00 Bingocize (pre-register) 1:00 Bunco	22 12:30 Morehead Memories	23 1:00-3:00 Mexican Dominos 10:00 Bingocize (pre-register)	24 9:00 Senior Tar Heel Q&A
27 8:30 Vaccine Clinic 10:00 Leon Mann General Store	28 10:00 Leon Mann General Store 10:00 Bingocize (pre-register)	29	30 10:00 Bingocize (pre-register) 10:00 Steps to Health Class	31 9:00 Scam Jam

DAILY DROP-IN ACTIVITIES

Available 8:00am to 4:30pm (unless otherwise noted)

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|-----------------------|----------------|------------------------|---------------------------|
| 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



LEON MANN, JR. ENRICHMENT CENTER
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OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM