

ACTIVITIES SCHEDULE – SEPTEMBER 2023 (revised 8/28/2023)

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 Stretcherexercise 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 Stretcherexercise 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 Stretcherexercise 12:30 Bridge – Chicago | 9:30 Flex Friday 9:30 BINGO 11:00 Flexercise 12:30 Bridge – Friendly |
| | | | | 1 8:30 Happy Feet Walking Club 7:00 Friday Night Dance |
| 4 CLOSED | 5 10:00 Leon Mann General Store | 6 9:00 Poker Lessons 12:00 Poker Game | 7 9:30 NC Works Career 10:00 Bingocize (pre-register) | 8 8:30 Happy Feet Walking Club 11:00 Grandparent’s Day |
| 11 10:00 Leon Mann General Store 10:00 Bingocize (pre-register) | 12 10:00 Leon Mann General Store | 13 9:00 Poker Lessons 12:00 Poker Game | 14 10:00 Bingocize (pre-register) 1:00 Mexican Dominos | 15 8:30 Happy Feet Walking Club 9:00 Senior Voice 7:00 Friday Night Dance |

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| 18 10:00 Leon Mann General Store 10:00 Bingocize (pre-register) 1:00 Mah Jong | 19 10:00 Leon Mann General Store | 20 9:00 Poker Lessons 12:00 Poker Game | 21 9:30 NC Works Career 10:00 Bingocize (pre-register) | 22 8:30 Happy Feet Walking Club |
| 25 10:00 Leon Mann General Store 10:00 Bingocize (pre-register) | 26 10:00 Leon Mann General Store 1:00 Bunco | 27 9:00 Poker Lessons 10:00 Sun Safety Seminar 12:00 Poker Game | 28 10:00 Bingocize (pre-register) 1:00 Mexican Dominos Mac Daddy's Bowling <pre-register) <="" td=""> <td> 29 8:30 Happy Feet Walking Club </td> </pre-register)> | 29 8:30 Happy Feet Walking Club |

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

***Wednesday 10:00 AM Senior Sing free Conference Call dial 1-425-436-3658 – Access Code 519638#**



LEON MANN, JR. ENRICHMENT CENTER
3820 GALANTIS DRIVE, MOREHEAD CITY, NC 28557
(252) 247-2626

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