


DECEMBER WEEKLY ACTIVITY SCHEDULE				
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
DAILY "Drop In" Activities: Reading, Coffee w/Friends (8A), Fitness Room, Table Games (2P-4P), Coloring, and more! No Symbol = No Fee (Contributions always appreciated); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/Time				
8:30 Meditation* 9:15 Tai Chi* 10:30 Geri-Fit*	9:00 Zumba* 10:30 20/20/20	8:30 Barre* 9:00 Open Art 9:30 Chair Arth. 10:30 Chair Arth.+	9:30 BINGO \$ 10:00 Line Dancing	9:00 Zumba* 10:30 Geri-Fit*
12p Lunch	12p Lunch	12p Lunch	12 Lunch	12 Lunch
1:00 Rummikub with Ron 2:00 Bridge*	12:00 Open Art 12:45 Line Dancing	12:30 Yoga 1:15 Beginner Mah Jongg* 1:45 HOOP It UP!* \$	1:00 Ballroom* Dancing	1:00 Chair Yoga

DECEMBER BONUS MONTHLY ACTIVITIES AND EVENTS! *Subject to Change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LIEAP Applications 10A-1P Christmas Ornament Craft 12:30P - \$2	4 Better Sleep for Stress Free Holidays 12:30P Visit with Bella 1:30P	5 BP Checks 11A Teddy Bear Project 2P	6 CIS Presentation 12:30P Teddy Bear Project 2P Self-Defense Class 3P-4P - \$5	7 Holiday Card Craft 12:30P
10 Glucose Screenings 11A Nutrition Class 12:15P	11	12 Breast Cancer Presentation 12:30P Caregiver Support Grp 2P Teddy Bear Project 2P	13 GAST Presentation 12:30P Writers Bloc Group 1P-3P Teddy Bear Project 2P	14 Knitting with Kathy 9:30A Cinema at the Center 12:30P
17 Tech Help 1P-2P Cooking with Carol 2P	18 Visit with Bella 1:30P	19 Fall Risk Assessment 12:30P	20 The Fun Fatale Trio Performance @ 12:00 Center Day Trip \$ <i>Details TBA</i>	21 Knitting with Kathy 9:30A Center Christmas Party & Visit from Santa ! 11A-1P
24 Center Closed	25 Center Closed MERRY CHRISTMAS!	26 Center Closed	27 Center Closed	28 Center Closed
31 December Birthdays Celebration 12:30PM	1 Center Closed HAPPY NEW YEAR!			10050 Beach Dr. SW Calabash, NC HRS: 8AM-4PM M-F 910-754-7427 www.bsrrinc.org