





Weekly Activity Schedule

| EVERY MONDAY | EVERY TUESDAY | EVERY WEDNESDAY | EVERY THURSDAY | EVERY FRIDAY |
|--|---|---|--|--|
| <i>"No one has ever become poor from giving" Maya Angelou</i> | | | | |
| 9:00 Zumba Gold 10:00 Yoga w/ Kathryn 10:00 Beginner Line Dancing 10:30 Line Dancing 10:30 Weekly Updates 11:00 Exercise Class w/Angela 11:00 Tabata (\$5) 11:45 Lunch 12:15 Bingo 1:00 Beginner Bridge 1:30 Tai Chi w/ Dean | 9:30 "On the Ball" W/Angela (\$5) 10:00 Caregivers Support Group 10:30 Geri Fit w/Angela 11:15 Aerobics w/ Angela 12:00 Lunch 12:30 Bible Study 1:15 Tai Chi w/ Dean 1:30 Scrabble 2:30 Beginner Line Dancing | 9:00 Tai Chi w/Keith (\$5) 10:00 Tabata w/ Shelley 10:00 Beginner Line Dancing 10:30 Line Dancing 11:00 Adult Coloring 11:00 Exercise Class — Gentle Stretch w/Angela 11:45 Lunch 12:30 Bridge 1:00 Shopping 2:00 Rummikub | 9:00 Zumba Gold w/ Kathryn 10:00 Beginner Yoga w/Kathryn 10:30 Geri Fit w/Angela 11:15 Aerobics 12:00 Lunch 12:30 Introduction to Microsoft Office Suite 1:15 Tai Chi w/Dean 1:30 Art Class | 9:00 Pilates w/Angela 9:00 Choral Group 9:30 Ladies Pool/ Billiards 10:00 Tabata w/Shelly 10:00 Beginner Computer Class 10:00 Visually Impaired Support Group 10:00 Craft Class 10:30 BP Checks 11:45 Lunch 12:15 Bingo |

Contributions Always Welcome

Monthly Activity Schedule for Shallotte

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | <p style="text-align: center;">THE BRUNSWICK CENTER AT SHALLOTTE</p>  <p style="text-align: center;">3620 EXPRESS DRIVE SHALLOTTE, N.C.</p> <p>12/4 Trim the Tree 12/7 LIEP Applications 12/10 Basket Weaving 12/13 Nutrition Presentation 12/13 Cake Walk 12/14 Christmas Party 12/14 Food Pantry 12/18 LIEP Applications 12/19 Ugly Sweater Contest 12/31 New Years Eve Party</p> <p>Calendar subject to change. Please send us your email address to receive regular updates.</p> |
|--|--|--|--|---|--|
| 3 | 4 * Trim The Tree * 5:30 Diabetes - Self-Mgmt Class | 5 2:30 Movie "ELF" | 6 | 7 10:00 LIEP Applications 10:00 Computer Class 10:30 BP Check w/ Amedysis | |
| 10 12:00-3:00 Basket Weaving with Zada Mae | 11 5:30 Homeless Coalition | 12 9:00-12:00 Technology Assistance | 13 12:15 Nutrition Presentation With Mallory 12:30 Cake Walk | 14 Christmas Party 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ | |
| 17 | 18 10:00 LIEP Applications | 19 Ugly Sweater Contest 12:30 Movie A Christmas Story | 20 11:00 Sip 'n Chat | 21 Tai Chi Cancelled 10:00 Computer Class 10:30 BP Check w/LCFH * Birthday Day * | |
| 24 CENTER CLOSED  | 25 CENTER CLOSED  | 26 CENTER CLOSED  | 27 CENTER CLOSED  | 28 CENTER CLOSED  | |
| 31 New Years Eve Party | Boost Available for Purchase During Center Hours | | | | |