

### JANUARY WEEKLY ACTIVITY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>DAILY "Drop In" Activities: Reading, Coffee w/Friends (8A), Fitness Room, Table Games (2P-4P), Coloring, and more!</b> 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  12p Lunch	8:45 Zumba  10:30 20/20/20  12p Lunch  12:00 Open Art  12:45 Line Dancing  1:00 BINGO \$	8:30 Barre 9:30 Chair Arthritis 10:30 Chair Arthritis+  12p Lunch  12:30 Yoga 1:15 Beginner Mah Jongg	8:45 Zumba 9:30 BINGO \$ 10:00 Line Dancing  12 Lunch  12:00 Painter's Hour 1:00 Mah Jongg 3:00 On Guard \$	9:00 Hoop It Up! \$ <i>Begins 01/11/18</i>  10:30 Geri-Fit  12 Lunch  1:00 Chair Yoga 1:30 Paint with Michelle
1:00 Ballroom Dancing 1:00 Rummikub 1:00 Dulcimer Group 2:00 Bridge				

### JANUARY BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10050 Beach Dr. SW Calabash, NC HRS: 8AM-4PM M-F 910-754-7427 www.bsrinc.org	1 <b>Center Closed</b> <b>HAPPY NEW YEAR!</b>	2 BP Checks 11A	3 Yoga for Healthy Joints \$ 1P	4 Knitting with Kathy 9:30A  <i>NO Hoop It Up Today!!</i>
7 Cooking with Carol 2P	8	9 Caregiver Support Group 2P	10 Yoga for Healthy Joints \$ 1P  Writers Bloc 1-3P	11 Make-Your-Own-Cards Craft Class 12:30P
14 Glucose Screening 11A Tech Help 11A Mallory's Nutrition Class 12:15P Weight Loss Contest Meet-Up 12:30P	15 Wood Bee Carving Show & Tell 12:30P Visit with Bella 1:30P	16 CALABASH CENTER Facebook Live Tour 12P <i>(Remember to Like our BSRI Facebook Page)</i>	17 Cinema at the Center <i>After Congregate Lunch</i> Yoga for Healthy Joints \$ 1P	18 Knitting with Kathy 9:30A
21 <b>Center Closed</b> <b>HAPPY BIRTHDAY MLK JR.!</b>	22 Orthopedic Discussion 12:30P	23 Level Up Physical Therapy Discussion 12:30P	24 Writers Bloc 1-3P Financial Planning For Retirees 2-4P	25 Wreath Craft Class 12:30P
28 Weight Loss Contest Meet-Up 12:30P	29 Visit with Bella 1:30P Center Day Trip 1P	30 Muscle, Spine, & Nervous System Health Discussion 12:30	31 Pine Needle Basket Weaving \$ 12:30P January Birthday Celebration 12:30P Financial Planning For Retirees 2-4P	Want updates about Schedule Changes, Cancellations, Closings? Add your name to our ReGroup Notification list in the Front Lobby!