

### Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
"The best way to find yourself is to lose yourself in the service of others" Mohandas K. Gandhi				
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	8:15 Meditation w/ Keith 9:00 Tai Chi w/Keith 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 w/Joan	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 Craft Class 10:30 BP Checks 11:45 Lunch 12:15 Bingo 1:15 Beginner Watercolor Class (\$) Begins 1/4 — See information page for details

Contributions Always Welcome

### Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div style="text-align: center;"> <b>THE BRUNSWICK CENTER AT SHALLOTTE</b>  <p><b>3620 EXPRESS DRIVE SHALLOTTE, N.C.</b></p> <p style="color: red; font-weight: bold;">                             1/7 Basket Weaving                              1/10 Nutrition Presentation                              1/11 Food Pantry                              1/11 Visually Impaired Support Group                              1/4 Watercolor Class Begins                              1/21 MLK Day Center Closed                              1/25 Food Pantry                              1/25 Senior Tar Heel Presentation                              1/25 Movie Day                         </p> <p style="font-size: small;">                             Calendar subject to change. Please send us your email address to receive regular updates.                         </p> </div>
	1 CENTER CLOSED	2	3	4 10:00 Computer Class 10:30 BP Check w/ Amedysis 1:15 Watercolor Class #1	
7 12:00-3:00 Basket Weaving with Zada Mae	8 11:00 Walgreens Presentation 5:30 Homeless Coalition	9 9:00-12:00 Technology Assistance	10 12:15 Nutrition Presentation With Mallory	11 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ LCFH	
14	15	16 	17 11:00 Sip 'n Chat	18 10:00 Computer Class 10:30 BP Check w/LCFH	
21 <span style="color: red; font-weight: bold;">CENTER CLOSED</span> 	22 11:00 Walgreens Presentation	23 9:00-12:00 Technology Assistance	24	25 9:00 Food Pantry 10:00 Computer Class 10:30 BP Check w/LCFH 11:00 Senior Tar Heel Presentation 1:00 Movie	
28	29	30	31 Birthday Day	Boost Available for Purchase During Center Hours	