

Weekly Activity Schedule– Lunch Served at 11:30 daily

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
DAILY Drop In Activities: Billiards, Coffee with Friends, Fitness Center, Library Green (\$) = Fee Based Class; Red (#) = Requires Prior Sign Up; Blue (+) = New Offering/Time				
8:00 Yoga & Pilates 9:00 Mah Jongg 9:30 Easy Does It 9:30 Tai Chi Forms \$ 10:00 Hand & Foot Canasta 10:00 Card Making # 10:30 Beg. Tai Chi 12:15 STEP-tastic \$ 1:00 Mah Jongg 1:00 Total Body Conditioning 2:15 Fit and Strong– Cancelled for January 6:30 Jam Session	9:30 Bridge 9:30 Boxing 12:00 Walgreens Presentation 1:00 Silver Paddles 1:00 Gentle Cardio & Core 2:00 HIIT 6:30 Square Dancing	9:00 Watercolor \$ 9:30 Geri-Fit 9:30 Tai Chi Forms \$ 10:00 Shanghai Rummy 10:30 Tai Chi \$ 10:45 You Can Do It 12:15 Bible Study 12:30 Silver Samurai \$ 12:30 Jewelry 101 # 12:45 Afternoon Movie 1:00 Mah Jongg 2:00 Ballet and Tap	8:00 Yoga & Pilates 8:30 Boxing 9:00 Advanced German 9:30 Gerifit 10:00 Knit & Chain Gang 10:00 Quilting 10:00 Bible Study 1:00 Cardio Dance and Core \$ 1:00 Beginning Line Dance 2:00 Int./ Advanced Line Dance 2:00 HIIT \$	9:00 Technology Workshop 9:30 Tai Chi Forms \$ 10:00 Sewing 10:00 Hand & Foot Canasta 10:30 Tai Chi \$ 11:30 Beginner Pickleball 1:00 Pickleball 1:00 Photography– 2nd and 4th Friday 1:30 Hand Drumming

*** Calendar subject to change
 Email Jackie Knott at jknott@bsrinc.org to receive regular updates.

Contributions Always Welcome for All Center Programming & Activities

Monthly Activity Schedule for Southport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 CLOSED	2	3 Boxing– 8:30am 	4	 <ul style="list-style-type: none"> •Iris Folding– January 14th & 28th •Winter Landscape Watercolor Class – 1/15 •Beginning Watercolor Class– 1/22 and 2/5 •New Boxing Class begins 1/3– 8:30am •Ballet and Tap resumes 1/30– 2:00pm
7	8	9 Parkinson's Support Group– 9:30am	10	11 Photography 1pm	
14 Iris Folding– 1pm	15 Winter Landscape Watercolor– 8:30am	16	17	18	
21 CLOSED 	22 Beginning Watercolor– 8:30am	23 10:00 am	24	25 Photography 1pm	
28 Iris Folding– 1pm	29	30 Ballet and Tap! 	31		