


FEBRUARY 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 12p Lunch 1:00 Ballroom Dancing 1:00 Rummikub 1:00 Dulcimer Group 2:00 Bridge	8:45 Zumba 10:30 20/20/20 12p Lunch 12:00 Open Art 1:00 BINGO \$0.50	8:30 Barre 9:30 Chair Arthritis 10:30 Chair Arthritis+ 12p Lunch 12:30 Yoga 1:15 Beginner Mah Jongg <i>(Sign up in Lobby)</i>	8:45 Zumba 9:30 BINGO \$0.50 10:00 Line Dancing 12 Lunch 12:00 Painter's Hour 1:00 Mah Jongg 3:00 On Guard \$5 <i>Self Defense Class</i>	9:00 Hoop It Up! \$3 9:30 Knitting & Crocheting 10:30 Geri-Fit 12 Lunch 1:00 Chair Yoga 1:30 Paint with Michelle

FEBRUARY 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 Valentine Card Craft 12:30P Hope4NC Discussion/ Counseling 12:30P
4 Tech Help 11:00-1:00P	5 Advance Directives Discussion 12:30P Computer Applications Class 1:00P	6 Blood Pressure Checks 11:00A	7 Financial Planning For Retirees 2:00-4:00P	8
Mallory's Nutrition Class 12:15P Weight Loss Contest Meet-Up 12:30P Health Discussion with <i>Saber Healthcare</i> 12:30P	12	13 Betty's Stylish Hats Class 1:30P Caregiver Support Group 2:00P	14 Senior Games Presentation 12:30P Pine Needle Basket Weaving \$22 12:30P Writers Bloc 1:00-3:00P	15 Common Shoulder Injuries Discussion 12:30P
18 Cooking with Carol 2:00P	19 Computer Applications 1:00P Visit with Bella 1:30P	20 Betty's Stylish Hats 1:30P	21 Yoga for Better Sleep 1:00P \$5	22 Cinema at the Center! 1:00PM After Lunch
25 Tech Help 11:00-1:00P Final Weight Loss Contest Meet-Up 12:30P	26 Center Day Trip \$ <i>Details TBA, See Front Desk</i> Visit with Bella 1:30P	27 Fall Risk Assessment 12:30P	28 Birthday Celebration 12:30P Pine Needle Basket Weaving \$22 12:30P Yoga for Arthritis & Osteoporosis \$5 1:00P Writers Bloc 1:00-3:00P	Want updates about Schedule Changes, Cancellations, Closings? Add your name to our ReGroup Notification list in the Front Lobby!