






Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<i>"It's not about being the best, It's about being better than you were yesterday"</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	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
<i>Contributions Always Welcome</i>				

Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THE BRUNSWICK CENTER AT SHALLOTTE  3620 EXPRESS DRIVE SHALLOTTE, N.C. 2/1 National Wear Red Day 2/1 Senior Games Presents 2/1 Super Bowl Party 2/2 Ground Hog Day 2/5 Chinese New Year 2/8 Food Pantry 2/8 Visually Impaired Support Group 2/8 Grammy Party 2/14 Valentines Day Party 2/15 Senior Tar Heels 2/22 Food Pantry 2/22 Academy Awards Party Calendar subject to change. Please send us your email address to receive regular updates.
Boost Available for Purchase During Center Hours				1 10:00 Computer Class 10:30 BP Check w/ 11:00 Senior Games 11:00 Super Bowl Party 1:15 Watercolor Class #5	
4 12:00-3:00 Basket Weaving with Zada Mae	5 11:00 Walgreens Presentation 5:30 Homeless Coalition	6	7	8 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ LCFH 1:15 Watercolor Class #6	
11	12	13 9:00-12:00 Technology Assistance	14 12:15 Nutrition Presentation With Mallory	15 10:00 Computer Class 10:30 BP Check w/LCFH 11:00 Senior Tar Heels	
18 Presidents Day 	19 11:00 Walgreens Presentation	20	21 11:00 Sip 'n Chat	22 9:00 Food Pantry 10:00 Computer Class 10:30 BP Check w/LCFH 1:00 Movie	
25 12:00-3:00 Basket Weaving with Zada Mae	26	27 9:00-12:00 Technology Assistance	28 Birthday Day		