

10050 Beach Dr. SW
Calabash, NC 28467
910-754-7427


Courtney Bledsoe, Director
Holley Norris, Assistant Director

Hours of Operation:
Monday through Friday
8 a.m. to 4 p.m.

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

MARCH BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Want updates about Schedule Changes, Cancellations, Closings? Add your name to our ReGroup Notification lists in the Front Lobby!	1
4 Apple iPad Workshop 1:00	5 3-D Diorama Craft 10:30	6 • Blood Pressure Checks 11:00 • ^Easter Wreaths 1:30	7 Charlie Brown Music and Trivia Performance 12:20	8 HOPE4NC Resource Table 12:30
11 • BSRI Nutrition Class 12:15 • Health Discussion with Saber Healthcare 12:30 • Tech Help 11:00 • Android Workshop 1:00	12 Plant a Flower Day Craft 12:30	13 • Sciatica Relief Discussion 12:30 • Pocketbook Craft 1:30 • Caregiver Support Group 2:00	14 LINE DANCING @ 11:00 TODAY • St. Patty's Party Wear your GREEN! • Oyster Craft 11:00 • Line Dancing Performance! 12:15 • Writer's Bloc 1:00	15 ^Pine Needle Basket Weaving (\$22) 12:30
18 Cooking with Carol 2:00	19	20 HELLO SPRING! ☀️ • Pocketbook Craft 1:30 • Diabetes Support Group 3:00	21 Cinema at the Center! Main Hall After Lunch	22 <u>National Goof Off Day</u> Goofiest Outfit Contest (During Lunch) 12:30
25 • Tech Help 11:00 • Facebook 101 Workshop 1:00	26 CENTER DAY TRIP Details TBA, See Front Desk	27• Fall-Risk Screening 1:00 • Sea Turtle Talk 12:30 • Pocketbook Craft 1:30	28 Writer's Bloc 1:00	29 • ^Pine Needle Basket Weaving (\$22) 12:30 • Birthday Celebration Cake After Lunch!