

Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<i>“ Try to be a rainbow in someone’s cloud” Maya Angelou</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 Tai Chi w/ Keith (\$) 11:45 Lunch 12:15 Bingo 1:30 Tai Chi w/Dean 2:30 Tai Chi Forms with Dean (\$5)	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 Beginner Bridge 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 1:00 Mahjong 1:15 Tai Chi w/Dean 1:30 Art Class w/Joan	9:00 Pilates w/Angela 9:00 Choral Group 9:30 Pool/Billiards 10:00 Tabata w/Shelley 10:00 Beginner Computer Class 10:00 Craft Class 10:30 BP Checks 11:45 Lunch 12:15 Bingo 1:00 Movie 1st and 4th Of the month

Contributions Always Welcome

Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THE BRUNSWICK CENTER AT SHALLOTTE  3/5 Celebrate Mardi Gras 3/6 Garden Club Meeting 3/6 Technology Workshop 3/6 Ash Wednesday 3/8 Int'l Womens Day 3/8 Food Pantry 3/8 Visually Impaired Support Group 3/10 Daylight Saving Begins 3/15 St. Patricks Day Party 3/22 Food Pantry 3/20 First Day Of Spring 3/20 Technology Workshop 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/ Amedysis 1:00 Movie	
4 11:00 Seated Tai Chi	5 11:00 Walgreens Presentation Celebrate Mardi Gras	6 10:00 Technology Workshop for Apple Devices 12:00 Garden Club Meeting	7 1:00 Mahjong	8 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ LCFH	
11 11:00 Seated Tai Chi 12:00-3:00 Basket Weaving with Zada Mae	12 6:00 Homeless Coalition	13	14 12:15 Nutrition With Mallory 1:00 Mahjong	15 10:00 Computer Class 10:30 BP Check w/LCFH	
18 11:00 Seated Tai Chi	19	20 10:00 Technology Workshop for Android	21 11:00 Sip 'n Chat 1:00 Mahjong	22 9:00 Food Pantry 10:00 Computer Class 10:30 BP Check w/LCFH 1:00 Movie	
25 11:00 Seated Tai Chi 12:00-3:00 Basket Weaving with Zada Mae	26	27	28 MLB Opening Day 1:00 Mahjong	29 Birthday Day	