

101 Stone Chimney Road
Supply, NC
910-754-7604



Melissa Starr, Director
Casey Freed, Assistant Director

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

March 2019 - Weekly Activity Schedule

EVERY MONDAY		EVERY TUESDAY		EVERY WEDNESDAY		EVERY THURSDAY		EVERY FRIDAY	
<p>Green (\$) = Fee Associated Red (#) = Requires Advanced Registration Blue (+) = New Offering/Time</p>									
8:30	Coffee w/ Friends	8:30	Coffee w/ Friends	8:30	Coffee w/ Friends	8:30	Coffee w/ Friends	8:30	Coffee w/ Friends
9:30	Rummikub	10:00	Paper Crafting	9:30	Tabata Seated	9:30	Rummikub/Dominoes	10:00	Rummikub
10:00	Sew Simple	10:00	Crochet Class	10:00	Rummikub	10:00	Oil Painting	11:00	Tai-Chi
11:00	Tai-Chi			11:00	Zumba Gold	10:00	Knitting Group		
						11:00	Pilates		
12:00PM Lunch		12:00PM Lunch		12:00PM Lunch		12:00PM Lunch		12:00PM Lunch	
12:15	Tai-Chi/Qi-Gong	1:00	Sleep Mats	1:00	Mah-Jongg	1:00	Crafts, Crafts Crafts	1:00	Silver Samurai
1:00	Line Dancing	3:15	GeriFit	1:00	Watercolor Painting	3:15	GeriFit	1:00	Latch Rug Hooking
				1:00	Coups for Troops				

March 2019- Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Regular Monthly & Semimonthly Events: 1st & 3rd Tuesday: Garden Club 2P 2nd & 4th Tuesday: Simple Technology 11A 1st Wednesday: Nutrition Class w/ Mallory Balice 12P 2nd Wednesday: Hired Hands Band Performance 11A 2nd Thursday: Caregiver Support Group 2P 2nd Friday: Recipe Swap 1P 2nd & 4th Thursday: Movie & Popcorn 2P Last Wednesday: Monthly Day Trip (Details TBA) Last Friday: Birthday Celebration—Dessert @ Lunch</p> <p>Special Events & Presentations: March 4: A1C Health Screening 10:00am-1:00pm March 5 & 19: Garden Club Meeting 2:00pm March 15: Sham-ROCK Party 2:00 pm March 18: Cornhole Tournament 2:00 pm March 28: Blood Pressure Checks 10:00 am <i>Offered by Saber Healthcare</i></p> 
		<p>Happy St. Patrick's Day</p>		1	
4 A1C Screening 10:00am	5 Garden Club 2:00pm	6 Nutrition Class 12:00pm	7	8 Recipe Swap 1:00 pm	
11	12 Simple Technology 11:00 am	13 Hired Hands Performance 11:00 am	14 Caregiver Supp. Group 2:00 pm Movie 2:00pm	15 St. Patrick's Day Sham-ROCK Party!	
18 Cornhole Tournament 2:00 pm	19 Garden Club 2:00pm	20	21	22	
25	26 Simple Technology 11:00 am	27 Monthly Day Trip 9:00am-3:00 TBA	28 Blood Pressure Check 10:00am Movie 2:00pm	29 Celebrate March Birthdays 12:30 pm	