

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.

APRIL DAILY 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 GOLD 10:30 20/20/20	8:30 Barre 9:30 Chair Arthritis Beg. 10:30 Chair Arthritis Adv.	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 Grp 1:00 Dulcimer Group 2:00 Bridge Grp	12:00 Open Art 12:45 Line Dancing 1:00 BINGO \$0.50 2:00 ^Beginner Dulcimer Class (Sign up in Lobby)	12:30 Yoga 1:15 ^Beginner Mah Jongg Class (Sign up in Lobby) 2:00 ^Pound Away \$3	12:00 Painter's Hour 1:00 Mah Jongg Grp 3:00 Tai Chi/QiGong\$5	1:00 Chair Yoga 1:30 Paint w/ Michelle

APRIL BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ^Wreath Class 12:30	2 Visit w/ Bella the Service Dog	3 Blood Pressure Checks w/ Amedisys	4 Essentially Golden Oil Class 12:30	5
8 • Nutrition Class 12:15 • Glucose Screenings w/ Saber Healthcare 11:00 • Tech Help 11:00 • Facebook Workshop 1:00	9 Lion's Club Presentation 12:30	10 Caregiver Support Group 2:00	11 • Writer's Bloc 1:00 • Yoga for Everybody (\$5) 1:00	12 ^Pine Needle Basket Weaving (\$22) 12:30
15 Cooking with Carol 2:00	16 • Hurricane Preparedness Talk 12:30 • Visit w/ Bella the Dog 1:30	17 Diabetes Support Group 3:00	18 Cinema at the Center! Popcorn and a Movie After Lunch!	19 <u>CENTER CLOSED</u> <u>GOOD FRIDAY</u>
22 Tech Help 11:00	23 Spring Ice Cream Social After Lunch Sponsored by Saber Healthcare	24 Level Up Physical Therapy Discussion 12:30	25 • Writer's Bloc 1:00 • Yoga for Everybody (\$5) 1:00	26 ^Pine Needle Basket Weaving (\$22) 12:30
29 ^Spring Cookie Decorating Class (\$15) 1:00	30 • Birthday Party After Lunch Cake Sponsored by Kindred at Home • Visit w/ Bella the Dog 1:30 • ^Center Day Trip (Details TBA)			