







Weekly Activity Schedule					
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<i>" At 50, I began to know who I was. It was like waking up to myself" 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 Sewing Class (\$) 1:00 Movie 1st and 4th of the month	

Contributions Always Welcome

Monthly Activity Schedule for Shalotte					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 	2 5:30 Diabetes Education	3 11:00 Tech Help 12:00 Garden Club	4 1:00 Mahjong	5 10:00 Computer Class 10:30 BP Check w/ Amedysis 1:00 Movie	THE BRUNSWICK CENTER AT SHALLOTTE 3620 EXPRESS DRIVE  4/3 Garden Club Meeting 4/3 Technology Assistance 4/5 Senior Games Billiards Qualifying Rounds 4/5 BSRI Volunteer Recognition 4/9 Trip to Calabash 4/7-4/13 National Volunteer Week 4/11 Nutrition Presentation 4/12 Visually Impaired Support Group 4/12 Food Pantry 4/18 Spring Party & Egg Hunt 4/15-4/20 Free Dump Week 4/17 Face Book & Tech Help 4/26 Food Pantry 4/26 Job Fair TBA Luncheon – Moose Lodge Calendar subject to change.
8 11:00 Seated Tai Chi	9 10:00 Trip to Calabash 6:00 Homeless Coalition	10 	11 12:15 Nutrition With Mallory 1:00 Mahjong	12 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/LCFH	
15 Tax Day 11:00 Seated Tai Chi	16 	17 10:00 Face Book Class 11:00 Tech Help	18 Spring Party Easter Egg Hunt 1:00 Mahjong	19 CENTER CLOSED GOOD FRIDAY	
22 Earth Day 11:00 Seated Tai Chi 12:00-3:00 Basket Weaving with Zada Mae	23 	24	25 11:00 Sip 'n Chat 1:00 Mahjong	26 JOB FAIR 9:00 Food Pantry 10:00 Computer Class 10:30 BP Check w/LCFH 1:00 Movie	
29 11:00 Seated Tai Chi 12:00-3:00 Basket Weaving with Zada Mae	30 Birthday Day			Boost Available for Purchase During Center Hours	