

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


Courtney Bledsoe, Director
Holley Norris, Assistant Director

Hours of Operation:
M 8a.m.-5p.m.,
T-F 8a.m.-4p.m.

MAY 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	8:45	Zumba GOLD	8:15	Barre	8:45	Zumba	9:00	Hoop It Up! \$3
9:15	Tai Chi	9:45	Chair Zumba GOLD	9:30	Pound Away \$3	9:30	BINGO \$0.50	9:30	Knitting & Crocheting
10:30	Geri-Fit	10:30	20/20/20	9:30	Chair Arthritis Beg.	10:00	Line Dancing	10:30	Geri-Fit
				10:30	Chair Arthritis Adv.	10:30	20/20/20		
12p Lunch		12p Lunch		12p Lunch		12 Lunch		12 Lunch	
1:00	Ballroom Dancing	12:00	Open Art	12:30	Yoga	12:00	Painter's Hour	1:00	Chair Yoga
1:00	Dulcimer Group	12:45	Line Dancing	1:15	^Beginner Mah Jongg Class (Sign up in Lobby)	1:00	Mah Jongg Grp	1:30	Paint with Michelle
1:00	Bridge Group	1:00	BINGO \$0.50	2:00	Zumba GOLD \$3	1:00	Yoga for Everybody (\$3)		
4:00	Zumba GOLD \$3					3:00	Qi Gong \$5		

MAY BONUS ACTIVITIES AND EVENTS!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Want updates about Schedule Changes, Cancellations, & Closings? Add your name to our ReGroup Notification list in the Front Lobby!				1 • No Beginner Mah Jongg today! • Blood Pressure Checks w/ Amedisys 11:00 • ^Wine Bottle Luminary Craft 12:45					
6	<ul style="list-style-type: none"> • Apple Tech Help 1:00 • General Tech Help 2:00 	7	<ul style="list-style-type: none"> • Scam & Fraud Awareness w/ Brunswick Co. Sheriff's Dept 12:30 • Visit with Bella the Service Dog 1:30 	8	<ul style="list-style-type: none"> • Poppy Remembrance Craft 12:30 • Caregiver Support Group 2:00 	9	Writer's Bloc 1:00	10	Paws-Ability Resource Table & Presentation 12:20
13	<ul style="list-style-type: none"> • Tech & TV Help 10:00 • General Tech Help 11:00 • BSRI Nutrition Class 12:15 • Health Discussion w/ Saber Healthcare 12:30 	14	^Pine Needle Basket Weaving (\$22) 12:30	15	<ul style="list-style-type: none"> • Poppy Remembrance Craft 12:30 • Diabetes Support Group 3:00 	16	Hope4NC Resource Table 10:30	17	^SHIP/Medicare Class 2:00-4:00
20	<ul style="list-style-type: none"> • Android Tech Help 1:00 • General Tech Help 2:00 • Cooking with Carol 2:00 	21	Visit with Bella the Service Dog 1:30	22	No Fall Risk Screening today Level Up Physical Therapy will be back next month!	23	<ul style="list-style-type: none"> • Senior Safety Discussion 12:30 by Home Instead Senior Care • Writer's Bloc 1:00 	24	<ul style="list-style-type: none"> • Moment of Silence Before Lunch in honor Our Brave Soldiers • ^Pine Needle Basket Weaving (\$22) 12:30
27	CENTER CLOSED MEMORIAL DAY	28	^Center Day Trip to Ingram Planetarium & lunch at OIFC!	29	Intro to Art Journaling 12:30	30	Cinema at the Center Popcorn & Movie after lunch!	31	Birthday Celebration Sponsored by Kindred at Home & Community Home Care & Hospice