

**Weekly Activity Schedule**

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<i>"Connections with other people affect not only the quality of our lives but also our survival." Dean Ornish</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	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 11:30 Garden Club 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 (\$) Last class 5/3 1:00 Movie 1st and 4th Of the month

*Contributions Always Welcome*

**Monthly Activity Schedule for Shallotte**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>THE BRUNSWICK CENTER AT SHALLOTTE</b>  5/1 Self Defense Class Begins 5/3 Cinco de Mayo Party 5/7 Essential Oils Class 5/7 Diabetes Self Management 5/9 Nutrition Presentation 5/10 Mothers Day Celebration 5/10 Food Pantry 5/13 Basket Weaving 5/21 Balance Screenings with Pruitt Health 5/24 Veterans Breakfast and Pinning Ceremony 5/24 Food Pantry Calendar subject to change.
Boost Available for Purchase During Center Hours		1 1:00 Self Defense	2 	3 Cinco de Mayo Party 10:00 Computer Class 10:30 BP Check w/ Amedysis 1:00 Movie	
6 1:00 Self Defense Class	7 12:30 Essential Oils 5:30 Diabetes Self Management	8	9 12:15 Nutrition With Mallory	10 Mothers Day Party 9:00 Food Pantry 10:00 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ LCFH	
13 12:00 Basket Weaving with Zada Mae 1:00 Self Defense	14 6:00 Homeless Coalition	15 1:00 Self Defense	16 	17 10:00 Computer Class 10:30 BP Check w/LCFH	
20 1:00 Self Defense Class	21 12:00 Balance Screenings	22 1:00 Self Defense	23 11:00 Sip 'n Chat	24 9:00 Vets Breakfast 9:00 Food Pantry 10:00 Computer Class 10:30 BP Check w/LCFH 1:00 Movie	
27 Center Closed 	28	29 1:00 Self Defense	30 	31 Birthday Day	