

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.

## JUNE DAILY ACTIVITY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>DAILY "Drop In" Activities: Reading, Coffee w/Friends (8A), Fitness Room, Table Games (2P-4P), Coloring, and more!</b> 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.	10:30 Line Dancing	10:00 ^Neck Massages
		10:30 Chair Arthritis Adv.	10:30 20/20/20	10:30 Geri-Fit
12p Lunch	12p Lunch	12p Lunch	12 Lunch	12 Lunch
1:00 Dulcimer Group	12:45 Line Dancing	12:30 Yoga	12:00 Painter's Hour	1:00 Chair Yoga
1:00 Bridge Group	1:00 BINGO \$0.50	1:00 ^Beginner Mah Jongg Class (Sign up in Lobby)	1:00 Mah Jongg Grp	1:30 Paint with Michelle
4:00 Zumba GOLD \$3		2:00 Zumba GOLD \$3	3:00 Qi Gong \$5	

## JUNE BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ^Gone Fishing Sun Catcher Craft 12:45	4 • Visit w/ Bella the Therapy Dog 1:30 • Memory Loss Support Group 2:00	5 • Blood Pressure Checks w/ Amedisys 11:00 • ^Chair Caning 12:45	6 Cinema at the Center Popcorn & Movie after lunch!	7 • ^Pine Needle Basket Weaving (\$22) 12:30 • ^Refresher Mah Jongg 1:00
10 • Tech Help 10:00 BSRI Nutrition Class 12:15 • Summer Safety Discussion w/ Saber Healthcare 12:45	11 Cataract Awareness w/ Dr. Stephanie Hardy from Vision Square Eyecare 12:45	12 Caregiver Support Group 2:00	13 Writer's Bloc 1:00	14 Blood Pressure Checks w/ Community Homecare & Hospice 11:00
17 Cooking with Carol 2:00	18 Visit w/ Bella the Therapy Dog 1:30	19 Diabetes Support Group 3:00	20 Keep Brunswick Co Beautiful Presentation 12:30	21  • ^Pine Needle Basket Weaving (\$22) 12:30 • ^Refresher Mah Jongg 1:00
24 Tech Help 10:00 Visit with Mayor Knight 12:30	25 ^Center Day Trip on the Big "M" Casino!	26 Fall Risk Assessments w/ Level Up Physical Therapy 1:00 ^Chair Caning 12:45	27 Writer's Bloc 1:00	28 Birthday Celebration Cake served after lunch!