

**Weekly Activity Schedule– Lunch Served at 11:30 daily**

| EVERY MONDAY   | EVERY TUESDAY  | EVERY WEDNESDAY   | EVERY THURSDAY   | EVERY FRIDAY   |
|--|--|---|--|--|
| <b>DAILY Drop In Activities: Billiards, Coffee with Friends, Fitness Center, Library</b><br>Green (\$) = Fee Based Class; Red (#) = Requires Prior Sign Up; Blue (+) = New Offering/Time   |  |   |  |  |
| 8:30 Yoga & Pilates<br>9:00 Mah Jongg<br>9:45 Easy Does It<br>9:30 <b>Tai Chi Forms \$</b><br>10:00 Hand & Foot Canasta<br>10:00 <b>Card Making #</b><br>10:30 Beg. Tai Chi<br>12:15 <b>Restorative Yoga \$</b><br>1:00 Mah Jongg<br>1:00 Total Body Conditioning<br>2:15 Fit and Strong<br>6:30 Jam Session | 9:30 Bridge<br>9:30 Boxing<br>12:30 Pinochle<br>1:00 Silver Paddles<br>1:00 Gentle Cardio & Core<br>2:00 <b>HIIT \$</b><br>6:30 Square Dancing | 9:00 <b>Watercolor \$</b><br>9:30 Geri-Fit<br>9:30 <b>Tai Chi Forms \$</b><br>10:00 Shanghai Rummy<br>10:30 <b>Tai Chi \$</b><br>10:45 You Can Do It<br>12:15 Bible Study<br>12:30 <b>Silver Samurai \$</b><br>12:30 <b>Jewelry 101 #</b><br>12:30 Afternoon Movie<br>2:15 Fit and Strong | 8:30 Yoga & Pilates<br>8:30 <b>Boxing \$</b><br>9:00 Advanced German<br>9:45 Gerifit<br>10:00 Knit & Chain Gang<br>10:00 Quilting<br>10:00 Bible Study<br>1:00 <b>Cardio Dance and Core \$</b><br>1:00 Beginning Line Dance<br>2:00 Int./ Advanced Line Dance<br>2:00 <b>HIIT \$</b> | 8:30 <b>Yoga for Healthy Bones \$</b><br>9:00 Technology Workshop<br>9:30 <b>Tai Chi Forms \$</b><br>9:45 <b>Chair Yoga \$</b><br>10:00 Sewing<br>10:00 Hand & Foot Canasta<br>10:30 <b>Tai Chi \$</b><br>11:30 Beginner Pickleball<br>12:30 Intermediate Pickleball<br>1:00 Photography– 2nd and 4th Friday<br>1:30 Advanced Pickleball<br>1:30 Hand Drumming |

\*\*\* Calendar subject to change  
 Email Jackie Knott at [jknot@bsrinc.org](mailto:jknot@bsrinc.org) to receive regular updates.

**Monthly Activity Schedule for Southport**

| MONDAY                                | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY  |
|---------------------------------------|---------|--|----------|---|
| 3                                     | 4       | 5  | 6        | 7   |
| 10                                    | 11      | 12 <b>Parkinson's Support Group 9:30am (last meeting for summer)</b> | 13       | 14 <b>Photography 1:00pm</b><br><b>New Yoga Classes! 8:30am &amp; 9:45am-</b> |
| 17 <b>Stroke Support Group 1:00pm</b> | 18      | 19   | 20       | 21  |
| 24                                    | 25      | 26 <b>Caregivers Support Group 10:00am</b>                           | 27       | 28 <b>Photography 1:00pm</b>  |



- Yard Sale– June 8th
- New Yoga Classes– June 14th
- Happy Fathers Day! - June 16th

