

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

Courtney Bledsoe, Director
Holley Norris, Assistant Director

Hours of Operation:
Monday - Friday
7:00a.m. - 3:00p.m.

SEPTEMBER 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				
7:45 Country Zumba \$3 8:30 Meditation 9:00 TCF Chair Class \$6 10:00 Gentle Pilates 10:30 Geri-Fit	8:45 Zumba GOLD 9:45 Zumba GOLD-SEATED 10:30 20/20/20	7:45 Country Zumba \$3 8:15 Barre 9:30 Beginner Barre \$3 9:30 Chair Arthritis Beg. 10:30 Chair Arthritis Adv. 11:00 TCF Chair Class \$6	8:00 Tai Chi w/ Dean \$5 8:45 Zumba 9:30 BINGO \$0.50 10:30 Line Dancing 10:30 20/20/20	7:45 Country Zumba \$3 9:00 Hoop It Up! \$3 9:30 Knitting & Crocheting 10:30 Geri-Fit
12p Lunch				
1:00 Dulcimer Group 1:00 ^Bridge Group 1:00 Ballroom Dance 2:00 ^Beginner Ballroom Dance	12:45 Line Dancing 1:00 BINGO \$0.50 1:00 ^Beginner Dulcimer	12:30 Yoga 1:30 Zumba GOLD \$3	12:00 Painter's Hour 1:00 Mah Jongg Grp	12:45 ^Hand & Foot Card Game Lessons 1:00 Chair Yoga

SEPTEMBER BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED HAPPY LABOR DAY!	3 • Proper Posture Talk at 12:15 w/ Coastal Integrative Health • Memory Loss Support Group 2:00	4 • BP Checks 11:00 By Community Home Care & Hospice • ^Chair Caning 12:45	5 Headaches & Root Causes at 12:15 w/ Dr. Lundy	6 ^Intro to Medicare Class 9:00
9 • Music Streaming & Devices 101 at 10:00 • Glucose Screenings 11:00 with Saber Health	10 • Voter Registration 1:00 • Visit with Bella the Therapy Dog 1:30 <i>Reminder: Bring a Teenage Photo of yourself today!</i>	11 Caregiver Support Group 2:00	12 Writer's Bloc 1:00	13 ^Pine Needle Basket Weaving (\$22) 9:00
16 BSRI Nutrition Class 12:15	17 Census Bureau Recruiter Presentation 12:20	18 • BP Checks 11:00 By Community Home Care & Hospice • ^Chair Caning 12:45 • Diabetes Support Group 1:00	19 ^Mindfulness Meditation & How to start your OWN practice (\$5) 2:00	20 Hope4NC Resource Table 11:45
23 • Tech Help 10:00 • Cinema at the Center Popcorn & Movie after lunch	24 • ^Center Day Trip: Myrtle Beach Dolphin Cruise & Lunch at Capt Archie's • Visit with Bella the Therapy Dog 1:30	25 "Begin the Conversation" Presentation By Lower Cape Fear Hospice • Fall Risk Assessments at 1:00 w/ Level Up Physical Therapy	26 • Guess Who?! View Teenage Photos of Participants during lunch & guess who's who! • Writer's Bloc 1:00 • Voter Registration 1:00	27 • ^Pine Needle Basket Weaving (\$22) 9:00 • NC Works Resource Table 11:30 <i>Happy National Employ Older Workers Week!</i>
30 • Visit with Mayor Knight 12:30 • Birthday Celebration after lunch! <i>Cake sponsored by Kindred at Home & Community Homecare & Hospice</i>	*Schedules are subject to change* Want updates about Schedule Changes, Cancellations, and Closings? Add your name to our ReGroup Notification lists in the Front Lobby!			