

Weekly Activity Schedule				
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<i>“ Speak in such a way that others love to listen to you. Listen in such a way that others love to speak to you“</i>				
9:00 Zumba Gold 10:00 Yoga w/ Kathryn 10:00 Beginner Line Dancing 10:30 Line Dancing 10:30 Weekly Updates 10:30 Water Aerobics 11:00 Exercise Class w/Angela 11:45 Lunch 12:15 Bingo 1:30 Tai Chi w/Dean	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 1:00 Tai Chi w/ Dean 1:30 Scrabble 1:30 Beginner Line Dancing 2:00 Tai Chi Forms With Dean (\$5)	10:00 Beginner Bridge 10:00 Tabata w/Shelley 10:00 Beginner Line Dancing 10:30 Line Dancing 11:00 Exercise Class — Gentle Stretch w/ Angela 11:30 Garden Club 11:30 Lunch 12:00 Bridge 1:00 Shopping 1:00 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 Art Class w/Joan 12:30 Introduction to Microsoft Office Suite 1:00 Mahjong 1:15 Tai Chi w/Dean	9:00 Pilates w/Angela 9:00 Craft Class (2nd & 4th weeks) 9:30 Pool/Billiards 9:30 Beginner Computer Class 10:00 Tabata w/Shelley 10:30 BP Checks 11:45 Lunch 12:15 Bingo 12:30 Craft Class (2nd & 4th weeks) 12:00 Movie 1st and 4th of the month

Contributions Always Welcome

Monthly Activity Schedule for Shallotte					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THE BRUNSWICK CENTER AT SHALLOTTE
2 CENTER CLOSED 	3 5:30 Diabetes Self Management	4	5 12:15 Nutrition 12:30 Introduction to Windows 10	6 9:30 Computer Class 10:30 BP Checks 12:00 Movie	 3620 EXPRESS DRIVE SHALLOTTE, NC 9/2 Labor Day-Center Closed 9/3 Diabetes Self Management 9/5 Nutrition Presentation 9/9 Basket Weaving 9/10 Essential Oil Class 9/10 Cooking Class 9/10 Homeless Coalition 9/11 Color Mixing Class 9/13 Food Pantry 9/17 Beginner Watercolor Class 9/20 Fall Mini Festival 9/20 Shred-A-Thon 9/21 Wine and Line Dancing 9/23 Basket Weaving 9/24 Beginner Watercolor Class 9/27 Food Pantry Calendar Subject to Change
9 10:30 Water Aerobics 11:00 Basket Weaving with Zada Mae	10 12:30 Essential Oils Class 12:30 Cooking Class	11 9:00 Color Mixing Class	12 12:30 Introduction to Windows 10	13 9:00 Food Pantry 9:30 Computer Class 10:00 Visually Impaired Support Group 10:30 BP Check w/ LCFH	
16 10:30 Water Aerobics	17 9:00 Beginner Watercolor Class	18	19 11:00 Sip ‘n Chat	20 9:00 Fall Mini Festival 9:30 Computer Class 10:30 BP Check w/LCFH 12:00 Shred-A-Thon	
23 1st Day of Autumn 10:30 Water Aerobics 11:00 Basket Weaving with Zada Mae	24 9:00 Beginner Watercolor Class	25 	26	27 9:00 Food Pantry 9:30 Computer Class 10:30 BP Check w/LCFH 12:00 Movie	
30 10:30 Water Aerobics			Boost Available for Purchase During Center Hours		