




Weekly Activity Schedule– Lunch Served at 11:30 daily

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
DAILY Drop In Activities: Billiards, Coffee with Friends, Fitness Center, Library Green (\$) = Fee Based Class; Red (#) = Requires Prior Sign Up; Blue (+) = New Offering/Time				
8:30 Yoga for Healthy Bones \$ 9:00 Mah Jongg 9:30 Tai Chi Forms \$ 9:45 Chair Yoga \$ 10:00 Hand & Foot Canasta 10:00 Card Making # 10:30 Beg. Tai Chi 12:15 Restorative Yoga \$ 1:00 Mah Jongg 1:00 Total Body Conditioning 2:15 Fit and Strong 6:30 Jam Session	9:30 Bridge 9:30 Boxing 12:30 Pinochle 1:00 Silver Paddles 1:00 Gentle Cardio & Core 2:00 HIIT \$ 6:30 Square Dancing	9:00 Watercolor \$ 9:30 Geri-Fit 9:30 Tai Chi Forms \$ 10:00 Shanghai Rummy 10:30 Tai Chi \$ 10:45 You Can Do It 12:15 Bible Study 12:30 Silver Samurai \$ 12:30 Beginner Jewelry # (resumes the 11th) 2:00 Int./Advanced Jewelry # (resumes the 11th) 12:30 Afternoon Movie 2:15 Fit and Strong	8:30 Yoga & Pilates 8:30 Boxing \$ 9:00 Advanced German 9:45 Gerifit 10:00 Knit & Chain Gang 10:00 Bible Study 1:00 Cardio Dance and Core \$ 1:00 Beginning Line Dance 2:00 Int./ Advanced Line Dance 2:00 HIIT \$	8:30 Yoga for Healthy Bones \$ 9:00 Technology Workshop 9:30 Tai Chi Forms \$ 9:45 Chair Yoga \$ 10:00 Hand & Foot Canasta 10:30 Tai Chi \$ Beginner 11:30 Pickleball 12:30 Intermediate Pickleball 1:00 Photography– 2nd and 4th Friday 1:30 Hand Drumming 2:00 Advanced Pickleball (ends at 3:30)

*** Calendar subject to change
 Email Jackie Knott at jknott@bsrinc.org to receive regular updates.

Monthly Activity Schedule for Southport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3	4	5	6
9 Ice Cream Social 12:30pm	10	11	12	13 Photography 1:00pm
16 Stroke Support Group 1:00pm	17	18	19	20
23 	24	25 Caregivers Support Group 10:00am	26	27 Wellness Fair 10:00am-1:00pm Photography 1:00pm
30 Monthly Drawing 12:00pm				



The Brunswick Center at Southport

- Ice Cream Social– 9/9-12:30pm
- CBD Presentation– 9/16– 12:30pm
- Wellness Fair– 9/27 10:00am-1:00pm