

101 Stone Chimney Road  
Supply, NC  
910-754-7604

Melissa Starr, Director  
Casey Freed, Assistant Director

Monday, Tuesday, Thursday  
8 a.m. to 4 p.m.  
Wednesday 8 a.m. to 7:00 p.m.  
Friday 8 a.m. to 2:00 p.m.

September 2019 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
No Symbol = No Fee ( <i>Contributions always appreciated</i> ); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/Time				
8:00 Chair Yoga 8:30 Coffee w/ Friends 9:30 Rummikub 10:00 Quilting** 11:00 Tai -Chi	8:30 Coffee w/ Friends 9:00 Beginners Yoga** 9:30 Rummikub 10:00 Paper Crafting 10:00 Crochet Class	8:30 Coffee w/ Friends 9:30 Rummikub 10:30 Water Color 11:00 Zumba Gold 11:00 Bible Study**	8:00 Chair Yoga 8:30 Coffee w/ Friends 9:30 Rummikub 10:00 Oil Painting 10:00 Knitting Group 11:00 Pilates	8:30 Coffee w/ Friends 9:30 Rummikub 11:00 Tai-Chi**
12:00PM Lunch	12:00PM Lunch	12:00PM Lunch	12:00PM Lunch	12:00PM Lunch
12:15 Tai-Chi/Qi-Gong 12:30 Line Dancing 1:30 Beginner Line Dancing	3:15 Geri-Fit	12:45 Seated Tabata	1:00 Crafts, Crafts, Crafts 3:15 Geri-Fit	1:00 Silver Samurai

Monthly Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Regular Monthly & Semimonthly Events:
2 Center Closed For Labor Day	3 Garden Club 1P	4 Nutrition Class 12P Grandparents Raising Grandchildren Meet & Greet 5-7P	5 A1C Screening For Daib. Prev. Program 10-2 Poetry Group 2P	6 Senior Center Month Celebration Connect & Share Pictures of Grandkids & Grandpets 12:30P	-1st & 3rd Tuesday: Garden Club 1P -1st Wednesday: Nutrition w/ Mallory 12P -1st&3rd Wednesday 5-7P Grandparents Support Grp -1st & 3rd Thursday- Poetry Group- 2P -2nd Wednesday: Hired Hands Band 11A -2nd Thursday: Caregiver Support Group 2P -2nd Thursday: Movie & Popcorn at the Center 1P -Last Monday: Birthday Celebration- 12:30P -Last Thursday: BP Checks by Saber Health -Last Wednesday: Day Trip TBA
9	10 Hospice 101: Introduction 11A Intro To Bridge 2P	11 Hired Hands Band 11A Simple Technology 1P	12 Diabetes Prevention 11A Caregiver Support Group 2P Movie 1P	13 Senior Center Month Celebration Hunger Action Month Food Drive All Day Event	
16	17 CBD Basics 11A Intro To Bridge 2P Garden Club 1P	18 Grandparents Raising Grandchildren 5-7P	19 Diabetes Prevention 11A Poetry Group 2P	20 Senior Center Month Celebration Alzheimer Awareness Workshop 10:30A	
23 Fall Prevention Awareness Week Kick off w/ Balance Class 8:30A	24 Intro To Bridge 2P Balance Class 8:30A	25 Day Trip TBA Simple Technology 1P Balance Class 8:30A	26 Diabetes Prevention 11A BP Chks 10A Balance Class 8:30A	27 Senior Center Month Celebration Employ Older Americans 10:30A Balance Class 8:30A	
30 Celebrating September Birthdays					<b>Special Events</b> -Sept 5: A1C Screening for Diabetes Prev. Program 10-2 -Sept 10-Oct: 1: Intro to Bridge 2-4P -Sept 10: Introduction to Hospice 11A -Sept 17: CBD Basics 11A -Sept 23-27: Balance Exercise Classes 8:30A -Sept Fridays: Senior Center Month Celebration