



SOUTHPORT
 Melissa Catlett, Director
 Jackie Knott, Assistant Director



1513 N. Howe St., Ste. 1
 Southport, NC 28461
 Phone 910-754-7109

Hours of Operation:
 Monday through Friday
 8 a.m. to 4 p.m.

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 Purple=Class in person + zoomed									
9:00	Yoga for Healthy Bones \$	9:00	Geri Fit with Jackie	9:00	Yoga for Healthy Bones \$	9:00	Geri-Fit with Jackie	9:00	Yoga for Healthy Bones \$
9:00	Tai Chi Forms \$	9:00	Boxing	9:00	Tai Chi Forms \$	9:00	Boxing\$	9:00	Tai Chi Forms \$
10:00	Silver Samurai \$	9:30	Bridge	10:00	Silver Samurai \$	9:00	Adv German Zoom only	9:00	Crafts w/Sherry
9:30	Hand, Knee and Foot Canasta	1:00	Pinochle	10:30	Watercolor \$	9:30	Knit and Chain	9:30	Hand, Knee & Foot Canasta
10:00	Card Making	1:00	Silver Paddles (Ping Pong)	12:15	Bible Study Interfaith	10:00	Bible Study with Joel	10:00	Beginning Tai Chi \$
10:30	Chair Yoga \$	2:30	Fit and Strong	12:30	Jewelry Class	11:30	Beginning Line Dance	10:30	Chair Yoga \$
12:30	Crafts w/Sherry	6:30	Square Dancing Every other Tuesday	12:30	Facebook w/Shirley	1:00	Intermediate Line Dancing	12:30	Quilting
1:00	Mah Jongg			1:00	Beg. Tai Chi with Dean \$	1:00	Mah Jongg	2:00	Hand Drumming
1:00	Zumba Gold \$ 1st and 2nd Monday				No Charge for Classes viewed from home via Zoom	1:00		2:30	Fit and Strong
6:30	Jam Session								

Monthly Activity Schedule for Southport– email jknott@bsrinc.org for regular updates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1	<p>WE WISH YOU A HAPPY EASTER</p> <p>Facebook/Cell Phone w/ Shirley Wednesdays @ 12:30</p> <p>Quilting with Sherry Fridays @ 12:30 Crafts with Sherry Mondays @ 12:30 Fridays @9:00</p> <p>Last Monday of the Month Iris Folding Card Making With Sherry @12:30</p>
4		6	7	8 Photography 1:00 	
11	12 B/P Checks 11 :15 Parkinson's Support Group 10:15	13	14	15 CENTER CLOSED FOR EASTER	
18	19	20	21	22 Photography 1:00 	
25	26	27	28	29	
Iris Folding Card Class @12:30		Caregiver Support Group 10:00am			