



SUPPLY
 Melissa Starr, Director
 Robert Hunt, Assistant Director

101 Stone Chimney Road
 Supply, NC 28462

Monday, Tuesday, Thursday
 8:00 a.m. to 4:00 p.m.
 Wednesday 8:00 a.m. to 7:00 p.m.
 Friday 8:00 a.m. to 1:00 p.m.

May 2022 - 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 Rummikub	8:00 Rummikub	8:00 Rummikub	8:00 Rummikub	8:00 Rummikub
8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends
8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise
9:00 Tai Chi/Qi-Gong	9:00 Yoga w/ Emily	10:00 Pilates	10:00 Rug Hooking	9:00 Tai Chi/Qi Gong
10:00 Body//Core/Strngth	10:00 Geri-Fit®	10:00 Open Watercolor	10:00 Geri-Fit®	
10:30 Tai Chi for Arthritis ^^	10:00 Crocheting 11:00 Tabata	10:30 Tai Chi for Arthritis ^^	11:00 Tabata	
11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch
12:15 Movie Day	12:30 Open Crafting	12:30 Crafting	12:30 Open Crafting	
12:30 Wii Bowling		5:30 Family Anon. Mtg	1:00 Croquet	

Monthly Activity Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MONDAY'S 10:00AM ZOOM & In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210</u>	<u>TUESDAY'S 9:00AM ZOOM & In Center YOGA w/ Emily Mtg. ID: 879 5433 3858 Passcode: 140370</u>	1 <u>Cooking Healthy w/ Meghan- 11AM In Center & Zoom Mtg. ID- 858 0799 2306 Passcode- 594237 BINGO-12:30PM \$</u>	2 Afternoon Tea with Friends—1PM	3
6 Iris Paper Folding- 10AM Talk w/ Tikila -10:30AM	7 Advisory Committee Open Meeting-10AM Basic Nutrition Meal Planning-12PM	8 Drum Circle-10AM Brain Challenging Trivia- 12:30	9 Hired Hands Band- 10:30AM Caregiver Support Group- 2PM	10 CBD Info Class-10AM
13 Iris Paper Folding- 10AM Card Making—1PM	14 Genealogy-12pm Quilting: Initial Interest Meeting—12:30PM	15 Elder Abuse Awareness Walk & Learn- 8:30 BINGO-12:30PM \$	16 Guy's Day Trip-9:30AM \$	17
20 What is "normal aging" vs. What is dementia?- 10AM	21 BP's - 10AM Genealogy-12PM	22 Drum Circle-10AM Summertime Mix, Meet & Mingle-5PM	23 Crafting 4 A Cause -1PM	24 C-Breeze Band-10:30AM
27	28 Birthday Celebration- 12PM	29 Center Closed for July 4th Holiday June 29th -July 6th	30 Center Closed for July 4th Holiday June 29th -July 6th	<u>WEDNESDAY'S 10:00 ZOOM & In Center Pilates with Nancy Mtg. ID:842 7389 6098 Passcode: 850714</u>