








**SHALLOTTE** 3620 Express Drive  
 Jillian Hardin, Center Director Shallotte, NC 28470  
 Tonya Barnes, Assistant Director 910-754-2300 1002

Center Hours:  
 Monday, Tuesday, Wednesday, Friday

**Weekly Activity Schedule**

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
No Symbol = No Fee (Contributions always appreciated); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/				
7:00 Practice Billiards 9:00 Billiards Game 9:30 Cardio Low Impact 10:30 Fit for Life Exercise 10:00 Beginner Line Dancing 11:00 Basic/ Intermediate Line Dancing 11:30 Intermediate Line Dancing 11:30 Lunch 12:15 Bingo	7:00 Practice Billiards 9:00 Billiards Game 9:00 Bridge 10:00 Geri-Fit 11:00 Aerobics & Dance 11:00 Chair Yoga 12:00 Yoga 11:30 Lunch	7:00 Practice Billiards 9:00 Billiards Game 9:30 Cardio Low Impact 10:30 Fit for Life Exercise 10:00 Beginner Line Dancing 11:00 Intermediate Line Dancing 11:30 Lunch 12:30 Acrylic Paint Art Class	7:00 Practice Billiards 9:00 Billiards Game 10:00 Geri-Fit 11:00 Aerobics & Dance 11:30 Lunch 1:00 \$Tai Chi w/ Dean \$5 1:00 Billiards Tournament 1:00 Mah Jong	7:00 Practice Billiards 9:00 Billiards Game 9:00 Pilates 10:00 Tabata 11:30 Lunch 12:15 Bingo 

**Monthly Activity Schedule for Shallotte**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Donuts with the Director 11A	2	3
6	7	8 A1C & BP Checks 11:00A	9	10
13 Hurricane Safety and Prep Presentation 11A	14 Caregiver Support Group 10A 	15 Elder Abuse Awareness Day! Walk at 10:30A 	16 Brunswick Backoff Meeting 6P	17
20	21	22 Cooking Class w/ Tammie 10:45A	23 Championship Billiards Tournament 1:00P	24 C Breeze Band 10:30A
27 National Sunglasses Day! 	28	29 Center Closed	30 Center Closed	