



SHALLOTTE
 Jillian Hardin, Center Director
 Tonya Barnes, Assistant Director

3620 Express Drive
 Shallotte, NC 28470
 910-754-2300 1002

Center Hours:
 Monday, Tuesday, Wednesday, Friday
 7:00 a.m. - 3:00 p.m.
 Thursday 7:00 a.m. - 7:00 p.m.

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 11:30 Corn hole 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 11:30 Lunch 11:30 Corn hole 12:00 Yoga	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 11:30 Corn hole	7:00 Practice Billiards 9:00 Billiards Game 10:00 Geri-Fit 11:00 Aerobics & Dance 11:30 Lunch 12:00 Corn Hole 1:00 \$Tai Chi w/ Dean \$5 1:00 Mah Jong 1:00 Billiards Tournament	7:00 Practice Billiards 9:00 Billiards Game 9:00 Corn Hole 9:00 Pilates 10:00 Technology 101 10:00 Tabata 11:30 Lunch 12:15 Bingo



Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Dessert with Director 12:30P	4 National Chocolate Cookie Day! 	5
8	9 Caregiver Support Group 10:00A	10 Road Trip and Lunch with Brenda!	11	12
15	16	17 Lower Cape Fear Life Care - Advanced Care Planning Presentation at 12:15P 	18	19 C Breeze Band at 10:30A 
22	23	24 Tammie's Cooking Class at 10:45A	25 Championship Billiards Tournament 1:00P 	26 Pine Straw Basket Weaving W/Donna at 12:00P 
29	30	31		