

CALABASH
Holley Norris, Director
Heather Puglisi, Assistant Director


10050 Beach Dr. SW
 Calabash, NC 28467
 910-754-7427
<https://bsrinc.org/calabash/>

Hours of Operation:
 Monday through Friday
 7 a.m. to 3 p.m.

SEPTEMBER WEEKLY ACTIVITY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
DAILY "Drop In" Activities: Reading, Coffee w/Friends, Fitness Room, Table Games, Coloring & more! No Symbol = No Fee (Contributions always appreciated); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/Time				
9:00 20/20/20 10:00 Choir Group 10:15 Balletone* 11:45 Lunch	9:00 Zumba GOLD 10:00 Card Games 10:15 Muscle Strength & Core 10:30 Beg. Dulcimer R^	8:00 "Hoop It Up!" \$4 9:00 20/20/20 10:30 BINGO 50 cents/card 10:30 Int. Dulcimer	8:45 Zumba GOLD \$4 9:00 Rummikub 10:00 Gentle Yoga 10:00 Trivia	8:45 Pumped Up Strength \$2 9:00 Open Art/Crafts 10:15 BINGO 50 cents/card
12:30 Mah Jongg 12:30 Craft (see below) 1:30 Tai Chi	12:30 Knit & Crochet Club 1:15 Geri-Fit	12:30 Hand & Foot Card Game 12:30 Beg. Mah Jongg R^	12:30 Painter's Group 12:30 Beg. Mah Jongg ^ 1:15 Geri-Fit	1:00 Beginner Line Dancing 2:00 Intermediate Line Dancing

SEPTEMBER BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Discussion on Personality Disorders 10:30 Line Dancing Beginner: 6:00 Intermediate: 7:00	2 Craft: Wreaths^R 9:00 Cinema at the Center: American Underdog 12:30
5  CENTER CLOSED	6 National Read a Book Day (Here's a push to join the Book Club!)	7	8 Letters Due For School Children For Intergenerational Month Line Dancing Beginner: 6:00 Intermediate: 7:00	9
12 Book Club: Mystic Lake 10:00 Craft: Mason Jar 12:30	13	14	15 Board of Election Q & A 11:15-12:30 Line Dancing Beginner: 6:00 Intermediate: 7:00	16 CENTER CLOSED For All-Staff Training
19 Craft: Yarn Pumpkins 12:30 No Balletone	20 Healthy Cooking Demo w/ Cooperative Extension 10:30 No Muscle Strength	21	22 First Day of Autumn Line Dancing Beginner: 6:00 Intermediate: 7:00	23 Cinema at the Center: <i>Blindside</i> 12:30 No Pumped up Strength
26 Craft: Halloween Card 12:30	27 Hearing Life Presentation 10:45	28 Caregiver Support Group 2:00	29 Line Dancing Beginner: 6:00 Intermediate: 7:00	30 Pine Needle Basket Weaving \$22 ^R