



**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	
<b>DAILY Drop In Activities: Billiards, Coffee with Friends, Fitness Center, Library</b>									
<b>Green (\$) = Fee Based Class; Red (#) = Requires Prior Sign Up; Blue (+) = New Offering/Time Purple=Class in person + zoomed</b>									
9:00	<b>Yoga for Healthy Bones \$</b>	9:00	<b>Geri Fit with Jackie</b>	9:00	<b>Yoga for Healthy Bones \$</b>	9:00	<b>Geri-Fit with Jackie</b>	9:00	<b>Yoga for Healthy Bones \$</b>
9:00	<b>Tai Chi Forms \$</b>	9:00	<b>Boxing</b>	9:00	<b>Tai Chi Forms \$</b>	9:00	<b>Boxing\$</b>	9:00	<b>Tai Chi \$</b>
10:00	<b>Silver Samurai \$</b>	9:30	<b>Bridge</b>	10:00	<b>Silver Samurai \$</b>	9:00	<b>Adv German Zoom only</b>	9:00	<b>Hand, Knee &amp; Foot Canasta</b>
9:30	<b>Hand, Knee and Foot Canasta</b>	1:00	<b>Pinochle</b>	10:30	<b>Watercolor \$</b>	9:30	<b>Knit and Chain</b>	10:30	<b>Chair Yoga \$</b>
10:00	<b>Card Making</b>	1:00	<b>Silver Paddles (Ping Pong)</b>	12:15	<b>Bible Study Interfaith</b>	10:00	<b>Zumba Gold \$</b>	1:30	<b>Intro to Hand Drumming</b>
10:30	<b>Chair Yoga \$</b>	2:30	<b>Fit and Strong</b>	12:30	<b>Jewelry Class</b>	10:00	<b>Bible Study with Joel</b>	2:00	<b>Hand Drumming</b>
12:30	<b>Crafts w/Sherry</b>	6:30	<b>Square Dancing Every other Tuesday</b>	10:30	<b>Facebook w/ Shirley Virtual</b>	11:30	<b>Zoom only Beginning Line Dance</b>	2:30	<b>Fit and Strong</b>
1:00	<b>Mah Jongg</b>			1:00	<b>Beg . Tai Chi w/lt Dean \$</b>	1:00	<b>Beginner and Intermediate Line Dancing</b>		
1:30	<b>Balance-Strength Motion with Jim Lightbourne</b>				<b>No Charge for Classes viewed from home via Zoom</b>	1:00	<b>Mah Jongg</b>		
6:30	<b>Jam Session</b>								

**Monthly Activity Schedule for Southport– email [jknott@bsrinc.org](mailto:jknott@bsrinc.org) for regular updates**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Jim Lightbourne Exercise cancelled</b>	2	3	4	5
8 <b>Jim Lightbourne Exercise cancelled</b>	9 <b>Parkinson's Support Group 10:00 New Time</b>	10 <b>Diane's Watercolor Cancelled</b>	11	12 <b>Brunswick County Sherriff's Office Presentation 10:30</b>
15 <b>Stroke Support Group 1:00pm</b>	16	17	18	19
22	23	24 <b>Caregivers Support Group 10:00</b>	25	26
29	30	31		

**Introduction to Hand Drumming 1:30 Fridays**

**If you have ever wanted to or think you might want to try this activity, now is the time! This wonderful fun group even has instruments for you to use to get you started! Drumming & Percussion is good for:**

**Memory Exercising (remembering rhythm patterns)**  
**Ear, eye, hand, heart Coordination (all of these are engaged)**  
**Socialization (Putting rhythms together as a group)**