



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 Corn Hole 11:30 Lunch 12:15 Bingo	7:00 Practice Billiards 9:00 Billiards Game 9:00 Bridge 10:00 Geri-Fit 10:30 ^ Matter Of Balance 11:00 Aerobics & Dance 11:00 Chair Yoga in Person / * Zoom 11:30 Lunch 12:00 Yoga 12:00 Corn Hole	7:00 Practice Billiards 9:00 Billiards Game 9:30 Cardio Low Impact 10:30 Fit for Life Exercise 10:00 Beginner Line Dancing 10:30 Intermediate Line Dancing 11:30 Lunch 11:30 Corn Hole 12:30 \$Fluid Art/Paint Pouring Class	7:00 Practice Billiards 9:00 Billiards Game 10:00 Geri-Fit 10:30 ^ Matter Of Balance 11:00 Aerobics & Dance 11:30 Lunch 11:30 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 Tabata 10:00 ^Technology 101 11:30 Lunch 12:15 Bingo



Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPTEMBER IS World Alzheimer's Month</p>			1 Dessert with the Director at 12:30P	2
5 Center Closed	6 Presentation on Hearing Loss w/Glenda at 11:15A	7	8	9
12	13	14 Presentation with Officer Geiger at 11:15A	15	16 Center Closed
19	20 ^ Health Clinic A1C/BP Checks 10:00A-1:00P 	21 Tammie's Cooking Class at 10:45A	22 Falls Prevention Awareness Day! 	23 \$ ^Pine Straw Basket Weaving Class at 12:00P C Breeze Band 10:30A
26	27	28	29 ^ Championship Billiards Tournament at 1:00P	30