



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

Monthly Activity Schedule for Southport– email jknott@bsrinc.org for regular updates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Kevin's Yoga Classes Cancelled You Tube Video Will be played During time slot
5 CENTER CLOSED LABOR DAY	6	7	8	9 MEET & GREET PAWS PLACE Front Ball Room 12:30-2:30
12 Flu Shot Clinic 10 TO 12:30 Hurricane Prep 12 Noon	13 Parkinson's Support Group 10:00	14	15 CENTER CLOSED FOR HVAC MAINTENANCE	16 CENTER CLOSED FOR EMPLOYEE TRAINING
19 Stroke Support Group 1:00pm Jim's Cancelled	20	21	22	23 Flu Shot Clinic 10 TO 12:30
26 Jim Lightbourne Class Cancelled	27	28 Caregivers Support Group 10:00	29	30 PAWS PLACE EVENT 5-7:30 PM

VOLUNTEERS NEEDED

Come join in the Fun
 Making crafts to be Offered at our Craft Bazaar
 Mondays 12:30 to TBD
 Friday 12:30 to TBD

RAGTIME QUILTING BEE
 Thursdays 12:30 to TBD
 Starting Sept 15th

PHOTOGRAPHY GROUP MEETS
 2ND AND 4TH FRIDAYS
 NEWCOMERS WELCOME!

Hurricane Preparation
 Presentation By Kellie
 w/ the County
 Monday 9/12 @ 12 Noon