



SUPPLY
 Melissa Starr, Director
 Leslie Doeing, Assistant Director

101 Stone Chimney Road
 Supply, NC 28462
 910-754-7604

Monday, Tuesday, Thursday
 8:00 a.m. to 4:00 p.m.
 Wednesday 8:00 a.m. to 7:00 p.m.
 Friday 8:00 a.m. to 1:00 p.m.

SEPTEMBER 2022 - Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
No Symbol = No Fee <i>(Contributions always appreciated)</i> ; \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/Time				
8:00 Rummikub	8:00 Rummikub	8:00 Rummikub	8:00 Rummikub	8:00 Rummikub
8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends	8:00 Java w/ Friends
8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise	8:00 Open Exercise
9:00 Tai Chi, Balance & Fit	9:00 Yoga w/ Emily	10:00 Pilates	10:00 Rug Hooking	10:00 Active Stretch
10:00 Body//Core/Strength	10:00 Geri-Fit®	10:00 Watercolors	10:00 Geri-Fit®	
10:30 Tai Chi, Arthritis	10:00 Crocheting	10:30 Tai Chi, Arthritis	11:00 Tabata	
	11:00 Tabata			
11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch	11:30 a.m. Lunch
12:15 Movie Day	12:30 Quilting	12:30 Crafting	12:30 Open Crafting	
	12:30 Bingo	5:30 Family Anon. Mtg	12:30 Card Playing	

Monthly Activity Schedule

<p>MONDAY'S 10:00AM ZOOM & In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210</p>	<p>TUESDAY'S 9:00AM ZOOM & In Center YOGA w/ Emily Mtg ID: 879 5433 3858 Passcode: 140370</p>	<p>WEDNESDAY'S 10:00 ZOOM & In Center Pilates with Nancy Mtg. ID: 868 3008 5376 Passcode: 098056</p>	1	2
<p>5 Program Closed For Labor Day</p>	<p>6 Open Advisory Committee Meeting- 10AM</p>	<p>7 Hearing Loss Talk & Discussion- 11AM Trivia & Popcorn-4PM</p>	<p>8 Hired Hands Band— 10AM Caregiver Support Group— 2PM</p>	9
<p>12 Talk w/ Tikila— 10:30 Card Making—1PM TAI CHI FOR ARTHRITIS BEGINS 10:30AM</p>	<p>13 Garden Club— 10AM Voter's Orientation— 11AM Genealogy— 12:30</p>	<p>14 Drum Circle-10AM JAM SESSION—4:00</p>	15	<p>16 Program Closed for Staff Education</p>
<p>19 What's for Dinner? w/ John Latour 12:30PM</p>	<p>20 BP Checks— 10AM</p>	<p>21 Fall Prevention -10AM DAY TRIP -TBD Beaches & Cream (12:30 departure)</p>	22	23
26	<p>27 Genealogy— 12:30</p>	<p>28 Drum Circle-10AM JAM SESSION—4:00</p>	<p>29 HEALTH AND WELLNESS FAIR & Shred-A- Thon 9:30-11:30</p>	<p>30 Birthday Celebration C-BREEZE BAND -10:30</p>