

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.

NOVEMBER 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	9:00 Zumba GOLD	8:15 Express Hoops	9:00 Card Games	9:00 Open Art/ Crafts
10:15 Pumped Up Strength	10:00 Card Games	9:00 20/20/20	9:00 Awesome Abs (Virtual via Zoom)	10:15 BINGO 50 cents/card
10:00 Choir Group	10:15 Strength & Tone	10:30 BINGO 50 cents/card	10:00 Gentle Yoga	
	10:30 Beg Dulcimerr R^	10:30 Int. Dulcimer R^	10:00 Trivia	
11:45 Lunch	11:45 Lunch	11:45 Lunch	11:45 Lunch	11:45 Lunch
12:30 Mah Jongg	12:30 Knit & Crochet Club	12:30 Hand & Foot Card Game	12:30 Painter's Group	1:00 Beginner Line Dancing
12:30 Craft (see below)	1:15 Geri-Fit	12:30 Beg Mah Jongg R^	12:30 Mah Jongg	2:00 Intermediate Line Dancing
1:30 Tai Chi			1:15 Geri-Fit	

NOVEMBER BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Journal Writing Hour w/ Kathy 12:15	2 Volunteer Recruitment Community Home Care & Hospice 11:15	3 6:00 Beg Line Dance 7:00 Int. Line Dance	4 Painting w/ Carrie 12:30 R^
7 No Tai Chi Class Center Closes at 1:00	8  CENTER CLOSED	9 Veteran's Day Social & Ceremony by Quilts of Valor 12:15 R^ <i>All invited to attend</i>	10 6:00 Beg Line Dance 7:00 Int. Line Dance	11 CENTER CLOSED 
14 Book Club 10:00 "Nightingale" Craft: Gift Tag/ Thanksgiving Card 12:30	15 Healthy Cooking Demo w/ Cooperative Ext 10:30 Journal Writing Hour w/ Kathy 12:15	16 Neighbor 2 Neighbor Info & Recruitment 11:15	17 6:00 Beg Line Dance 7:00 Int. Line Dance	18 Cinema at the Center 12:30 "Uncharted" Painting w/ Carrie 12:30 R^ Christmas Bird Houses (Painting) 10:00 R^ \$5
21 Craft: Holiday Bags & Tags 12:30	22 Journal Writing Hour w/ Kathy 12:15	23 Caregiver Support Group 2:00	24 CENTER CLOSED 	25 CENTER CLOSED 
28 Craft: Christmas Card 12:30	29 Journal Writing Hour w/ Kathy 12:15	30		