



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 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 11:00 Intermediate Line Dancing 11:30 Lunch 11:30 Corn Hole	7:00 Practice Billiards 9:00 Billiards Game 10:00 Geri-Fit 11:00 Aerobics & Dance 11:30 Lunch 11:30 Corn Hole 1:00 \$Tai Chi w/ Dean \$5 1:00 Billiards Tournament 1:00 Mah Jong	7:00 Practice Billiards 9:00 Billiards Game 9:00 Corn Hole 9:00 Pilates 10:00 Tabata 11:30 Lunch 12:15 Bingo



Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 Veteran's Day Breakfast at 9A	8 ELECTION DAY! Caregiver Support Group	9 CPR Certification Class 12P	10 Intro to Creative Writing 3P	11 Veteran's Day Center Closed
14 World Diabetes Day!	15 Anxiety Support Group 12:30P	16 Tammie's Cooking Class at 10:45A	17 CPR Certification Class 12:00P Billiards Championship 1P	18
21 Pumkin Pie day!	22 	23	24 Happy Thanksgiving! Center Closed	25 Center Closed
28	29	30		