



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	Tai Chi Forms \$	9:00	Geri-Fit with Jackie	9:00	Yoga for Healthy Bones \$
9:00	Tai Chi Forms \$	9:00	Boxing	10:30	Watercolor \$	9:00	Boxing \$	9:00	Tai Chi \$
10:00	Silver Samurai \$	9:30	Bridge	10:30	Cell Phone Help w/Shirley	9:00	Adv German Zoom only	9:30	Hand, Knee & Foot Canasta
9:30	Hand, Knee and Foot Canasta	10:00	Technology w/Martha	12:30	Bible Study	9:30	Knit and Chain	10:30	Chair Yoga \$
10:00	Card Making	1:00	Pinochle	Interfaith	9:00	Zumba Gold \$	10:00	Pinochle	
10:30	Chair Yoga \$	1:00	Silver Paddles (Ping Pong)	1:00	Beg . Tai Chi with Dean \$	10:00	Bible Study with Joel	12:30	Crafts w/Sherry
12:30	Crafts w/Sherry	2:30	Fit and Strong			11:30	Beginning Line Dance	2:00	Hand Drumming
1:00	Mah Jongg					1:00	Beginner and Intermediate Line Dancing	2:30	Fit and Strong
1:30	Balance-Strength Motion with Jim Lightbourne	6:30	Square Dancing Every other Tuesday		No Charge for Classes viewed from home via Zoom				
6:30	Jam Session					1:00	Mah Jongg		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 Photography 1:00 pm
7 Hope you set Your clocks Back yesterday	8 Parkinson's Support Group 10:00	9	10	11 CENTER IS CLOSED FOR VETERANS DAY
14	15 ICE CREAM SOCIAL 12:30	16	17	18 Photography 1:00 pm
21 Stroke Support Group 1:00pm	22	23 Caregivers Support Group 10:00	24 CENTER CLOSED FOR THANKSGIVING	25 CENTER CLOSED FOR THANKSGIVING
28	29	30		

Kevin's Wednesdays
 Yoga classes
 Are cancelled for November
 And December

Geri Fit Starts Back
 Thursday 11/10 YEA

Craft Fair
 November Saturday
 19th 9am to 2pm
 Lots of vendors with
 Unique items for sale
 Get your early Christmas shop
 On!

Don't forget to pick up
 Your Raffle Ticket for the
 Beautiful Quilt on Display
 in the Lobby