

# COASTAL CAROLINA ACTIVE LIVING



**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.

## NOVEMBER 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 Java w/ Friends 8:00 Open Exercise 9:00 Tai Chi, Body//Core/ 10:00 Strength 10:30 Tai Chi, Arthritis	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 9:00 Chair Yoga 9:30 Crocheting 10:00 Geri-Fit® 11:00 Tabata	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 10:00 Pilates 10:00 Watercolors 10:00 Drum Circle 10:30 Tai Chi, Arthritis	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 10:00 Rug Hooking 10:00 Geri-Fit® 11:00 Tabata 12:30 Bible Study	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 9:00 Tai Chi 10:00 Active Stretch
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
12:30 Movie Day	12:30 Quilting 12:30 Bingo	12:30 Crafting 5:30 Family Anon. Mtg	12:30 Open Crafting 12:30 Card Playing	

## Monthly Activity Schedule

<u>MONDAY'S 10:00AM ZOOM &amp; In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210</u>	1 Advisory Meeting 10:00	2 Understanding Alzheimer's & Dementia - Lower Life Care-10:00 Trivia & Popcorn-4:00 <b>No Watercolor class</b>	3 Muffins for the Military 10:00 Veteran's benefits & Services for aging in Place-10:30	4
7 Talk with Tikila 10:30	8 <b>ELECTION DAY</b> Garden Club-12:30 Genealogy-12:30	9 JAM Session-4:00 <b>No Watercolor class</b>	10 Hired Hands Band 10:00 Caregiver Support Group-2:00	11 <b>VETERAN'S DAY CLOSED</b>
14	15 Candlelight Reflection Ceremony-Remembering those with Alzheimer's & dementia-1:00  Blood Pressure Check-10:00	16 <b>DAY TRIP Mayfair Town Center, Wilmington Registration Required</b>  <b>TAI CHI FOR AUTHRITIS ENDS</b>	17	18
21 What's For Dinner (low prep cooking class with John Latour) - 12:30	22 Genealogy-12:30	23	24 <b>THANKSGIVING CLOSED</b>	25 <b>CLOSED</b>
28 Decorating our Dining tables with Emma Lou 9:30	29 Center tree decorating-10:30	30 November Birthdays-12:00  Jam Session-4:00	<u>TUESDAY'S 9:00AM ZOOM &amp; In Center Chair Yoga with Leslie Mtg ID: 879 5433 3858 Passcode: 140370</u>	<u>WEDNESDAY'S 10:00 ZOOM &amp; In Center Pilates with Nancy Mtg. ID:842 7389 6098 Passcode: 850714</u>