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
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 Bible Study Interfaith	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 Beg . Tai Chi with Dean $	9:30 Knit and Chain	10:30 Chair Yoga $
10:00 Card Making	1:00 Pinochle	1:00	10:00 Zumba Gold $	12:30 Pinochle
10:30 Chair Yoga $	1:00 Silver Paddles (Ping Pong)		10:00 Bible Study with Joel	12:30 Crafts w/Sherry
12:30 Crafts w/Sherry	2:30 Fit and Strong	No Charge for Classes viewed from home via Zoom	11:30 Beginning Line Dance	2:00 Hand Drumming
1:00 Mah Jongg	6:30 Square Dancing Every other Tuesday		1:00 Beginner and Intermediate Line Dancing	2:30 Fit and Strong
1:30 Balance-Strength Motion with Jim Lightbourne			1:00 Mah Jongg	
6:30 Jam Session				

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Photography 1:00 pm
5	6 Parkinson's Support Group 10:00	7	8	9
12	13	14	15	16 Photography 1:00 pm
19 Christmas Party 11:30	20	21 CLOSED	22 CLOSED	23 CLOSED
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

Kevin's Wednesdays Yoga classes Are cancelled for December

Christmas Party Being Held Monday, December 19 Starting At 11:30am

There will be no Phone Help with Shirley in December

Holiday Hours Center Closed Dec 21 Thru Jan 2 Center reopens January 3, 2023