



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.

JANUARY 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 10:00 Choir Group 10:15 Pumped Up Strength	9:00 Zumba GOLD 10:00 Card Games 10:15 Strength & Tone	8:00 Hoop it Up \$3 9:00 20/20/20 10:30 BINGO 50 cents/card 10:30 Int. Dulcimer R^	8:45 Strength & Tone 9:00 Card Games 9:00 Awesome Abs Virtual At Home 10:00 Gentle Yoga 10:00 Trivia	9:00 Open Art/Crafts 10:00 Tech w/ Ed Begins 1/13/23 10:15 BINGO 50 cents/card
11:45 Lunch	11:45 Lunch	11:45 Lunch	11:45 Lunch	11:45 Lunch
12:30 Mah Jongg 12:30 Craft w/ Linda (see below) 1:30 Tai Chi	12:30 Knit & Crochet Club 1:15 Geri-Fit	12:30 Hand & Foot Card Game 12:30 Mah Jongg	12:30 Painter's Group 12:30 Mah Jongg 1:15 Geri-Fit	1:00 Beginner Line Dancing 2:00 Intermediate Line Dancing

JANUARY BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED 	3	4	5 6:00 Beg Line Dance 7:00 Int. Line Dance	6
9 Book Club 10:00 "The IT Girl" Craft w/ Linda 12:30 R^ Scrabble Tile Coasters	10 Balance Presentation w/ Level Up Physical Therapy 11:00-12:00	11	12 6:00 Beg Line Dance 7:00 Int. Line Dance	13 • Tech w/ Ed : Computer Basics R^ 10:00 • Cinema at the Center 12:30 "Where the Crawdad's Sing"
16 CENTER CLOSED Martin Luther King Jr Day	17	18	19 National Popcorn Day 6:00 Beg Line Dance 7:00 Int. Line Dance	20 Tech w/ Ed: Windows Basic R^ 10:00 Crazy Sock Day
23 Craft w/ Linda 12:30 Wine Cork wall Hanger R^ National Pie Day	24 National "Just Do It." Day: Try a new class or activity!	25 Caregiver Support Group 2:00	26	27 • Tech w/ Ed: Email Basics R^ 10:00 • National Chocolate Day • Immunization Clinic 12:00-2:00 R^ • Cinema at the Center: 12:30 "Death on the Nile"
30 Craft w/ Linda 12:30 Valentine Card	31 National Hot Chocolate Day Come enjoy some w/ Directors at 9:00!			