




**SHALLOTTE** 3620 Express Drive  
 Jillian Hardin, Center Director Shallotte, NC 28470  
 Tonya Barnes, Assistant Director 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/Time				
7:00 Cornhole/Mini Golf/Shuffle Board 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 Lunch 12:00 Bingo	7:00 Cornhole/Mini Golf/Shuffle Board 7:00 Practice Billiards 9:00 Billiards Game 9:00 Bridge 10:00 Geri-Fit 11:00 Aerobics & Dance 11:30 Lunch 	7:00 Cornhole/Mini Golf/Shuffle Board 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	7:00 Cornhole/Mini Golf/Shuffle Board 7:00 Practice Billiards 9:00 Billiards Game 10:00 Geri-Fit 11:00 Aerobics & Dance 11:00 Chair Yoga in Person/Zoom 11:30 Lunch 12:00 Yoga 1:00 Billiards Tournament 1:00 Mah Jong	7:00 Cornhole/Mini Golf/Shuffle Board 7:00 Practice Billiards 9:00 Billiards Game 9:30 Pilates Tabata 10:30 Lunch 11:30 Bingo 12:00 

**Monthly Activity Schedule for Shallotte**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CENTER CLOSED</b>	3 Dessert with the Director at 12:30P	4	5	6
9	10 Caregiver Support Group at 10:00A	11	12	13
16 <b>CENTER CLOSED</b> Martin Luther King Jr. Day	17	18	19 National Popcorn Day! 	20 C Breeze Band at 10:30A
23	24	25 Tammie's Cooking Class at 10:45A	26 Billiards Monthly Tournament at 1:00P	27 Birthday Cupcakes!
30	31 Hot Chocolate Day!	