



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	10:00	Silver Samurai \$	9:00	Boxing\$	9:00	Tai Chi \$
10:00	Silver Samurai \$	9:30	Bridge	10:30	Watercolor \$ (1/25/22)	9:00	Adv German Zoom only	9:30	Hand, Knee & Foot Canasta
9:30	Hand, Knee and Foot Canasta	10:00	Technology w/Martha	10:30	Phone Help w/ Shirley	9:30	Knit and Chain	10:30	Chair Yoga \$
10:00	Card Making	1:00	Pinochle	12:15	Bible Study	10:00	Zumba Gold \$	12:30	Pinochle
10:30	Chair Yoga \$	1:00	Silver Paddles (Ping Pong)	Interfaith		10:00	Bible Study with Joel	12:30	Crafts w/Sherry
12:30	Crafts w/Sherry	2:30	Fit and Strong	1:00	Beg . Tai Chi with Dean \$	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				No Charge for Classes viewed from home via Zoom	1:00	Mah Jongg		
6:30	Jam Session								

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3 Center Reopens For the New Year	4	5	6
9	10 Parkinson's Support Group 10:00	11	12	13 Photography 1:00 pm
16 CENTER CLOSED Martin Luther Day	17	18	19	20 Vision Board 12:30 Sign up Front Desk
23	24	25 Watercolor with Diane starts back Today @ 10:30 5.00 Fee	26	27 Photography 1:00 pm
30	31			

Center Reopens For the New Year Tuesday January 3, 2023 At 8:00am

Vision Board Program
 Learn to Embrace And Challenge Yourself by creating A Vision Board
 Friday 1/20 @ 12:30
 Please sign up at the front desk

Master Bridge Trainer Jay Railey is Offering a Bridge Class for Beginners In February Day and time TBD