

COASTAL CAROLINA ACTIVE LIVING



SUPPLY
Melissa Starr, Director
Leslie Doeing Assistant Director

101 Stone Chimney Road
 Supply, NC 28462

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.

JANUARY 2023- 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 10:00 Body/Core/Strength 10:00 Tai Chi, Arthritis 11:00 Tai Chi	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 9:30 Crocheting 10:00 Geri-Fit® 10:00 Tabata	8:00 Rummikub 8:00 Java w/ Friends 8:00 Open Exercise 10:00 Pilates 10:00 Watercolors 10:00 Drum Circle	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 10:00 Tai Chi, Arthritis 10:00 Chair Yoga 11:00 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 12:30 Knitting 5:30 Family Anon. Mtg	12:30 Card Playing 1:00 YMCA Diabetes Prevention	

Monthly Activity Schedule

2 CENTER CLOSED	3	4 Morning Movement Workshop with Leslie-12:30 Trivia & Popcorn-3:00 Yoga-5:30	5 YMCA's Diabetes Prevention Info. Session – 1:00 Make & Take Craft with Emma Lou-12:30	6 Tai Chi, for Arthritis, Fall Prevention Begins- 10:00
9 Talk with Tikila-10:30 Quilling-10:00 What's for Dinner? John Latour-12:30 In Center & Zoom: Mtg ID: 88950212406 Pass Code: 566278 Card Making-1:00	10 Professional Photography Fundraiser (registration & fee) Genealogy with Emma Lou -1:00	11 How to Combat the Winter Blues with Veronica Lett-McGee 12:30 Jam Session-3:00	12 Hired Hands Band –10:00 Caregiver Support Group— 2:00	13 Discount for Seniors with Tikilia12:00
16 Martin Luther King Day CENTER CLOSED	17 Blood Pressure Checks- 10:00	18 How to Save on your Prescriptions with Marilou- 12:30 iPhone/iPad Basics 12:30 Yoga-5:30	19 DAY TRIP BSRI Thrift Shop, Callahan's of Calabash Make & Take Craft with Emma Lou-12:30	20
23 Quilling-10:00	24 Garden Club (Garden Planting) 12:30 Genealogy with Emma Lou -1:00	25 CBD with Rosey-12:30 Jam Session-3:00	26	27 C-Breeze Band-10:30 Birthday Celebration
30 Quilling-10:00	31		MONDAY'S 10:00AM ZOOM & In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210	WEDNESDAYS 10:00 ZOOM & In Center Pilates with Nancy Mtg. ID:868 3008 5376 Passcode: 098056