

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.

MARCH 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 Chorus 10:15 Fit, Fab, Fun 11:45 Lunch	9:00 Zumba GOLD 10:00 Card Games 10:15 Strength and Tone 10:30 Beg Dulcimer R^	8:00 "Hoop It Up!" \$3 9:00 20/20/20 10:30 BINGO <i>50 cents/card</i> 10:30 Int. Dulcimer R^	8:45 Strength & Tone 9:00 Card Games 9:00 Virtual At Home Awesome Abs 10:00 Gentle Yoga 10:00 Trivia	9:00 Open Art/Crafts 10:15 BINGO <i>50 cents/card</i>
12:30 Mah Jongg 12:30 Craft <i>(see below)</i> 1:30 Tai Chi	12:30 Knit & Crochet Club 12:50 Geri-Fit 2:00 Geri-Fit	12:30 Hand & Foot Card Game 12:30 Beg Mah Jongg R^ 1:15 Ageless Grace <i>\$2</i>	12:30 Painter's Group 12:30 Mah Jongg 12:50 Geri-Fit 2:00 Geri-Fit	1:00 Beginner Line Dancing 2:00 Intermediate Line Dancing

MARCH BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 National Crochet Day Ageless Grace Class begins today!	2 4:30-5:30 Basic Line Dancing #5 6:00 Beg Line Dancing 7:00 Int. Line Dancing	3 Blood Pressure/A1C With SE YMCA of NC 11:00-1:00
6 National Oreo Day Craft: Initial Picture R^ 12:30	7 Beg Dulcimer R^ 12-week intro Gardening R^ Presentation / Demo County Ext 12:30	8	9 4:30-5:30 Basic Line Dancing #6 6:00 Beg Line Dancing 7:00 Int. Line Dancing	10 Chalk Sign Art Class \$22, 12:30 R^
13 • Craft: Scrabble Tile Frame R^ 12:30 • Book Club 10:00 "The Wedding Dress" • National Peanut Day	14	15	16 Wear your green for St Patrick's Day 4:30-5:30 Basic Line Dancing #7 6:00 Beg Line Dancing 7:00 Int. Line Dancing	17 Happy St Patrick's Day!  enter Closed: Staff Development Day
20 Craft: Easter Popsicle Stick R^ 12:30	21 World Social Worker Day: Thank you to our BSR! Aging Resources Team!	22 Caregiver Support Group 2:00	23 • Chili Cook Off 4-5:30 Fundraiser *Tentative upon # of Cooks* • No Line Dancing	24 No Line Dancing • Tree of Life Bead Craft with Donna, 12:30 R^ \$22 • Caregiver Fair 1:30-3:00
27 Sunset Beach Turtle Watch Presentation 12:00 Craft: Spring Card R^ 12:30	28	29	30 Opening Day Baseball: Wear your Jersey 4:30-5:30 Basic Line Dancing #8 6:00 Beg Line Dancing 7:00 Int. Line Dancing	31 Cinema at the Center 12:30 "Ticket to Paradise"