





SHALLOTTE
 Jillian Hardin, Center Director
 Tonya Barnes, Assistant Director

3620 Express Drive
 Shallotte, NC 28470
 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 - Lunch Served Daily at 11:30A

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
No Symbol = No Fee (Contributions always appreciated); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/				
7:00 Cornhole/Mini Golf 7:00 Practice Billiards 9:00 Billiards Game 9:30 Cardio Low Impact 10:00 Walk with Ease 10:00 Beginner Line Dancing 10:30 Fit For Life Exercise 11:00 Basic/Intermediate Line Dancing 11:30 Intermediate Line Dancing 11:30 Lunch 12:00 Bingo	7:00 Cornhole/Mini Golf 7:00 Practice Billiards 9:00 Billiards Game 9:00 Bridge 10:00 Geri-Fit 11:00 Aerobics & Dance 11:30 Lunch 12:00 Shag Class 	7:00 Cornhole/Mini Golf 7:00 Practice Billiards 7:00 Billiards Game 9:00 Cardio Low Impact 10:30 Fit for Life Exercise 10:00 Walk with Ease 10:00 Beginner Line Dancing 10:00 Intermediate Line Dancing 3/15@10:45 Tammie's Cooking Class @10:45A Join Zoom Meeting Meeting ID: 818 3287 3805 Passcode: 854703	7:00 Cornhole/Mini Golf 7:00 Practice Billiards 7:00 Billiards Game 9:00 Geri-Fit 10:00 Aerobics & Dance 11:00 Chair Yoga in Person/Zoom 11:30 Lunch 12:00 Yoga 1:00 Billiards Tournament 1:00 Mah Jong Chair Yoga Thursday@11 am Join Zoom Meeting Meeting ID: 841 5552 8927 Passcode: 153740	7:00 Cornhole/Mini Golf 7:00 Practice Billiards 9:00 Billiards Game 9:30 Pilates 10:00 Walk with Ease 10:00 Technology 101 10:30 Tabata 11:30 Lunch 12:00 Bingo 

Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTRIBUTIONS AND DONATIONS ARE ALWAYS		1 Dessert with the Director at 12:30	2	3 Technology 101 w/Ed Starts at 10:00A
6	7 Holden Beach Turtle Watch Presentation at	8 Spring Craft at 10:30A Cost \$8.00	9 Popcorn Lover's Day! 	10
13	14	15 Tammie's Cooking Class at 10:45A/Zoom	16 Senior Tarheel Legislature Presentation at 11:45A w/	17 CENTER CLOSED STAFF TRAINING DAY!
20 Walk with Ease Program 10:00A	21	22	23	24
27	28	29 Birthday Month Celebration Cupcakes!	30 	31