



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	9:00	Yoga/ Healthy Bones \$	9:00	Boxing \$	9:00	Beginners
10:00	Silver Samurai \$	9:30	Bridge	10:00	Silver Samurai \$	9:00	Adv German Zoom only	9:30	Tai Chi \$
9:30	Hand, Knee and Foot Canasta	10:00	Technology w/Martha	10:30	Chair Yoga \$	9:30	Knit and Chain	9:30	Hand, Knee & Foot Canasta
10:00	Card Making	1:00	Pinochle	10:30	Watercolor \$	10:00	Zumba Gold \$	10:30	Chair Yoga \$
10:30	Chair Yoga \$	1:00	Silver Paddles (Ping Pong)	10:30	Phone Help w/ Shirley	10:00	Bible Study with Joel	12:30	Pinochle
12:30	Crafts w/Sherry	2:30	Fit and Strong	12:15	Bible Study Interfaith	11:30	Beginning Line Dance	12:30	Quilting/Sherry
1:00	Mah Jongg	6:30	Square Dancing Every other Tuesday	1:00	Beg . Tai Chi w/Dean \$	1:00	Beginner and Intermediate Line Dancing	2:00	Hand Drumming
1:30	Balance-Strength Motion with Jim Lightbourne				No Charge for Classes viewed from home via Zoom	1:00	Mah Jongg	2:30	Fit and Strong
6:30	Jam Session								

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Ragtime Quilting 12:30
6 Prospective Craft Volunteers Meeting @ 12:30	7	8	9	10 Photography 1:00 pm Ragtime Quilting 12:30
13 Volunteer Group Project @ 12:30 Oyster Shell Ornaments	14 Parkinson's Support Group 10:00	15	16	17 CENTER CLOSED FOR STAFF TRAINING
20 Stroke Support Group 1:00 Craft Volunteers 12:30	21	22 Caregivers Support Group 10:00	23	24 Photography 1:00 pm Ragtime Quilting 12:30
27 Iris Card Folding 12:30 \$5 Fee Easter Cards	28	29	30	31 Ragtime Quilting 12:30

Center is Closed Friday 17th For Staff Training

Volunteers needed For making crafts to be sold at the Annual Craft Bazaar.

This year the structure is different then in the previous years. Mainly beach and shell crafts In addition you will be able to create crafts for yourself if you would like.

Fun filled field trips To gather unique Items for the crafts. First meeting March 6th @ 12:30