

COASTAL CAROLINA ACTIVE LIVING

The Coastal Buzz



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.

MARCH 2023-Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
Daily Drop in Activities: Coffee with Friends, Library, and Exercise Room				
No Symbol = No Fee (<i>Contributions always appreciated</i>); \$ = Fee Associated ; ^ = Requires Advanced Registration; * = New Offering/Time				
8:00 Rummikub 10:00 Body/Core/Strength 10:00 Tai Chi, Arthritis 11:00 Tai Chi	8:00 Rummikub 9:30 Crochet 10:00 Geri-Fit® 11:00 Tabata	8:00 Rummikub 8:00 Java w/ Friends 8:00 Pilates 10:00 Watercolors	8:00 Rummikub 10:00 Rug Hooking 10:00 Geri-Fit® 11:00 Tabata	8:00 Rummikub 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 Quilting 12:30 Bingo 25 cent/ card	12:30 Knitting 12:30 Crafting 5:30 Family Anon. Mtg	12:30 Bible Study	

Monthly Activity Schedule

MONDAYS 10:00AM ZOOM & In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210	WEDNESDAYS 10:00AM ZOOM & In Center Pilates with Nancy Mtg. ID:868 3008 5376 Passcode: 098056	1 Yoga-5:30	2 Make & Take Craft with Emma Lou-12:30	3
6 Talk with Tikila-10:30 Movie Day (Murder on the Orient Express)-12:30	7 Open Advisory Committee 10:00	8 Hand drumming with Tina-10:00 Senior Safety with Brunswick County Sheriff's Office-12:30 Body/Core/Stretch-5:30	9 Hired Hands Band-10:30 Caregiver Support Group-2:00	10 Aging Resources w/ Tikila- 12:00  March Madness Month Wear your favorite College Team Apparel
13 Movie Day (TBD)-12:30 Card Making- Birthday Cards-1:00	14 Garden Club-12:30 Genealogy-1:00	15 iPhone/iPad Basics- 12:30 Yoga-5:30	16 Make & Take Craft with Emma Lou-12:30 Last Day for Scavenger Hunt	17 CENTER CLOSED FOR STAFF TRAINING 
20 First Day of Spring New Session for Tai Chi for Arthritis-10:00 What's for Dinner? (low prep cooking w/ John Latour) 12:30 Mtg ID: 835 8301 2068 Passcode: 769938	21 Volunteer Orientation-- 10:00 Blood Pressure Check- 10:00 Ask the Pharmacist (McNeills Pharmacy)-10:00	22 Hand drumming with Tina 10:00 DAY TRIP (TBD) Diabetes Prevention Program w/ the YMCA- 12:30 Body/Core/Strength-5:30	23 Make & Take Craft- Mesh Wreath w/ Carmen- 12:30 (Fee: \$2.00) Piano Workshop 0 with Sue Pries-12:30	24 C-Breeze Band-10:30 Birthday Celebration-12:00 
27 Decorate our tables with Emma Lou-10:00 Movie (TBD)-12:30	28 Intro. To Photography-1:00 Genealogy-1:00	29 Dementia & Alzheimer Presentation- 12:30 Yoga 5:30	30 Make & Take Craft with Emma Lou-12:30	31