

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.

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

MAY BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Corn Hole Open Play 10:15-11:15 Craft w/ Linda @12:30 Shell Decorating R^	2	3 Brunswick Emergency Services Hurricane Preparedness @ 12:00	4 4:30 Basic Beg Line Dancing #5 6:00 Beg Line Dancing 7:00 Int. Line Dancing	5 Resin Art Cancelled
8 Book Club @ 10am "The Guardian" Corn Hole Open Play 10:15-11:15 Craft w/ Linda @12:30 Jenga Block Craft R^	9	10 Cooking Demo By Home Instead @12 	11 Massages w/ Angie 10-1 10 min \$5 R^ 4:30 Basic Beg Line Dancing #6 6:00 Beg Line Dancing 7:00 Int. Line Dancing	12 Cinema at the Center "Knives Out" @12:30 
15 Mother's Day Tea @ 10:15 R^ Craft w/ Linda Rock Painting @12:30 R^	16 National BQ Day 	17	18 6:00 Beg Line Dancing 7:00 Int. Line Dancing	19 Intro to Medicare with Renee @9:30 R^ Tree of Life Craft @12:30 R^ \$22
22 Craft w/ Linda R^ Kid's Birthday Card	23 World Turtle Day  Last Beg Dulcimer	24 Caregiver Support Group @2	25 Massages w/ Angie 10-1 10 min \$5 R^ 6:00 Beg Line Dancing 7:00 Int. Line Dancing	26 Cinema at the Center "Rocketman" @12:30 
29 Center Closed Memorial Day  THANK YOU !	30 National Creativity Day Try one of our many craft classes	31 National Smile Day  A Smile is Contagious		