



SHALLOTTE
 3620 Express Drive
 Jillian Hardin, Center Director Shallotte, NC 28470
 Tonya Barnes, Assistant Director 910-754-2300 1002

Center Hours:
 Monday, Tuesday, Wednesday, Friday
 7:00 a.m. - 3:00 p.m.
 Thursday 7:00 a.m. - 4:00 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/Darts	7:00	Cornhole/Mini Golf/Darts	7:00	Cornhole/Mini Golf/Darts	7:00	Cornhole/Mini Golf/Darts	7:00	Cornhole/Mini Golf/Darts
7:00	Practice Billiards	7:00	Practice Billiards	7:00	Practice Billiards	7:00	Practice Billiards	7:00	Practice Billiards
9:00	Billiards Game	9:00	Billiards Game	9:00	Billiards Game	9:00	Billiards Game	9:00	Billiards Game
9:30	Cardio Low Impact	9:00	Bridge	9:30	Cardio Low Impact	10:00	Geri-Fit	9:30	Pilates
10:00	Beginner Line Dancing	10:00	Geri-Fit	10:30	Fit for Life Exercise	11:00	Aerobics & Dance	10:30	Tabata
10:30	Fit for Life Exercise	11:00	Aerobics & Dance	10:00	Beginner Line Dancing	11:00	Chair Yoga in Person/Zoom	11:30	Lunch
11:00	Basic/Intermediate Line Dancing	11:30	Lunch	11:30	Intermediate Line Dancing	11:30	Lunch	12:00	Bingo
11:30	Lunch	12:15	Intermediate Shag	11:30	Intermediate Line Dancing	12:00	Yoga	1:00	Active Stretch Class w/Andrea
12:00	Bingo	1:00	\$Cash Bingo	11:30	Lunch	12:30	Charcoal Pencil Art Class \$5.00		
12:30	Living Healthy Workshop					1:00	Mah Jong		
						1:00	Billiards Tournament		

Monthly Activity Schedule for Shallotte

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Dessert With the Director at 12:30P	2	3	4	5
8	9 Caregiver Support Group at 10:00A	10 Tammie's Cooking Class at 10:45A	11	12 Mother's Day Celebration
15	16	17	18	19 C Breeze Band 10:30A "COFFEE & CRUISE" EVENT 10:00A
22	23 Shallotte Police Department Presentation 12:00P	24	25	26
29 CENTER CLOSED MEMORIAL DAY! 	30 Birthday Month Celebration Cupcakes!	31		