

COASTAL CAROLINA ACTIVE LIVING



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Craft Volunteers 12:30	2 Geri-Fit Begins At 10:15	3	4 Geri-Fit Begins At 10:15	5 Photography 1:00 pm
8 Craft Volunteers 12:30	9 Parkinson's Support Group 10:00	10	11 Beginners Bridge 1:00	12
15 Stroke Support Group 1:00 Craft Volunteers 12:30	16	17	18 Beginners Bridge 1:00	19 Photography 1:00 pm
22 Iris Folding Card Class 12:30 5.00 fee	23	24 Caregivers Support Group 10:00	25 Beginners Bridge 1:00	26
29 Center Closed	30	31		

Geri Fit with Jackie
 New time 10:15
 Tuesdays and Thursdays

Jim's Balance, Strength And Motion Class
 Cancelled for the Summer

Volunteers needed
 For making crafts to be sold at the Annual Craft Bazaar.
 This year the structure is different than in the previous years. Mainly beach and shell crafts
 In addition you will be able to create crafts for yourself if you would like. meets every Monday @ 12:30