

# 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.  
 Friday 8:00 a.m. to 1:00 p.m.

## MAY-Weekly Activity Schedule

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>Daily Drop in Activities: Coffee with Friends, Library, and Exercise Room</b>				
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	8:00 Rummikub 9:30 Crochet 10:00 Geri-Fit® 11:00 Tabata	8:00 Rummikub 8:00 Java w/ Friends 10:00 Pilates 10:00 Tai Chi, Arthritis^	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 Movie Day 1:30 Painting w/ Watercolors	12:30 Quilting 12:30 Bingo (.25 Cents/card)	12:30 Knitting 12:30 Crafting 5:30 Family Anon. Mtg	12:30 Bible Study	

## Monthly Activity Schedule

1 Paper Beads-10:00 How to Create a Fulfilling Retirement-12:30	2 Advisory Committee-10:00 Lower Cape Fear-Savvy Caregiver-2:00 (April 4-May 9) Beginner Piano-1:30^\$	3 Yoga-5:30	4 Make & Take Craft with Emma Lou-12:30^	5
8 Paper Beads-10:00 Card Makers-1:00 Ways to Remain Healthy & Active-12:30	9 Beginner Piano-1:30^\$ Lower Cape Fear Savvy Caregiver-2:00	10 Hand Drumming with Tina-10:00 Body/Core/Strength-5:30	11 Celebrate Mother's Day w/ Hired Hands Band-10:00 Caregiver Support Group-2:00	12 Mother's Day Treat Yourself with a Representative of Mary Kay-10:00 Aging Resources with Tikika-12:00
15 Paper Beads-10:00 Get Involved-12:30 Card Making-1:00	16 Blood Pressure Check – 10:00 Beginner Piano-1:30^\$ Lower Cape Fear Savvy Caregiver-2:00	17 Yoga-5:30	18 Make & Take Craft with Emma Lou-12:30^	19
22 Paper Beads-10:00 Staying Financially Secure-12:30	23 Jewelry Making-12:30 Beginner Piano-1:30^\$ DAY TRIP ^\$ (TBD)	24 Hand Drumming with Tina-10:00 Body/Core/Strength-5:30	25 Tracy Watts-Brunswick County Veteran Services-10:30 What's for Dinner? (Low prep cooking) w/ John LaTour-12:30	26 C-Breeze Band-10:30 Birthday Celebration-12:00 Wear Red, White, & Blue
29 <b>Center Closed</b> 	30 Decorate our Tables w/ Emma Lou-10:00 Beginner Piano-1:30^\$	31 Body/Core/Strength-5:30	MONDAY'S 10:00AM ZOOM & In Center Body/Core/Strength Mtg. ID: 889 6047 7228 Passcode: 819210  Zoom & In Center April 25 @ 12:30 What's For Dinner Mtg. ID: 830 6391 0439 Passcode: 149928	WEDNESDAY'S 10:00AM ZOOM & In Center Pilates with Nancy Mtg. ID: 868 3008 5376 Passcode: 098056   AGING UNBOUND: MAY 2023