

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.

JUNE 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	9:00 Zumba GOLD	9:00 20/20/20	8:45 Strength & Tone	8:45 Beg. Balletone \$2
10:00 Chorus	10:00 Card Games	10:30 BINGO 50 cents/card	9:00 Cards Games	9:00 Open Art/Crafts
10:15 Pumped Up Strength	10:15 Strength & Tone	10:30 Int Dulcimer	10:00 Gentle Yoga	10:15 BINGO 50 cents/card
10:30 Beg Dulcimer R^			10:00 Trivia	
11:45 Lunch				
12:30 Mah Jongg	12:30 Knit & Crochet Club	12:30 Hand & Foot Card Game	12:30 Painter's Group	1:00 Beginner Line Dancing
12:30 Craft (see below)	1:15 Geri-Fit	12:30 Beg Mah Jongg R^	12:30 Mah Jongg	2:00 Intermediate Line Dancing
1:30 Tai Chi		1:15 Ageless Grace \$2	1:15 Geri-Fit	

JUNE BONUS ACTIVITIES AND EVENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	June is Brain Health And Alzheimer's Awareness Month		1 6:00 Beg Line Dancing 7:00 Int. Line Dancing	2 Art Class Mixed Media w/ Kristina \$15 1-3 R^ National Donut Day 
5 Craft w/ Linda @ 12:30 Bee Project R^ Animal Protective Services @ 12 speaker Belinda Musgrove Women's Self Defense Class 3:15-6:15 R^ 1 of 4	6 Gast Group Talk about Alzheimer's and Brain Health 12:15 Woman's Self Defense Class 3:15-6:15 R^ 2 of 4	7	8 6:00 Beg Line Dancing 7:00 Int. Line Dancing	9 Cinema at the Center at 12:30 pm "Marry Me" 
12 Book Club @ 10 am "Educated" Craft w/ Linda @ 12:30 Patriotic Craft R^ Women's Self Defense Class 3:15-6:15 R^ 3 of 4	13 Massages w/ Angie 10-1 R^ 10 min \$5 Travel w/ Anita at 10 Day trip ideas presentation of a Chocolate Tour of NC	14 National Flag Day	15 6:00 Beg Line Dancing 7:00 Int. Line Dancing Women's Self Defense Class 3:15-6:15 R^ 4 of 4	16 Blood Connection Blood Drive 8-1 
19 Craft w/ Linda @ 12:30 Pomanders/ Kissing Ball R^	20 No Zumba Father's Day Event 8:30-10 with Cornhole	21 No Ageless Grace First Day of Summer Chorus Performance 12	22 Massages w/Angie 10-1 R^ 10 min \$5 6:00 Beg Line Dancing 7:00 Int. Line Dancing	23 Pine needle Basket Class 12:30 R^ \$22
26 Craft w/ Linda @ 12:30 Birthday Card R^ AARP Presentation on Brain Health 12-1	27 No Zumba CPR and AED Class 8-10:30 R^ Brunswick County Emergency Services National Sunglass Day 	28 Caregiver Support Group @ 2 pm	29 Hot Diggity Dog Fundraiser 4:30-6 Music by Sea and Sand Band \$15 pre purchased tickets	30 Cinema at the Center At 12 :30 pm "Man Called Otto" 