

THE BRUNSWICK CENTER AT CALABASH

10050 Beach Drive, SW • Calabash, NC 28467
910-754-7427
Hours: Monday - Friday • 7:00am - 3:00pm
Program Manager: Heather Puglisi

MONDAY	8:15am | Core, Floor & More 9:00am | 20/20/20 11:45 am | Lunch	12:30 pm | Mah-Jongg 1:30pm | Tai Chi Group	
TUESDAY	9:00am | Zumba Gold 9:00am | Bunko 10:15am | Strength & Tone	10:45am | Chair Yoga* 11:45am I Lunch 12:30pm | Hooks & Needles 1:00pm | Geri-fit	
WEDNESDAY	7:45am | Tai Chi Group 9:00am | 20/20/20 9:30am | Mexican Train	10:30am | Inter. Dulcimer 11:45am | Lunch 12:30pm | Hand & Foot Game	12:30pm | Beg. Mah Jongg R 1:00pm | Cardio Boxing $5
THURSDAY	8:45am | Strength & Tone 9:00am | Left Right Center 10:00am | Gentle Yoga	10:00am | Trivia w/ Jeff 11:45am | Lunch 12:30pm | Mah-Jongg	1:00pm | GeriFit 6:00pm I Beg. II Line Dancing 7:00pm I Inter. Line Dancing
FRIDAY	9:00am | Zumba Gold $5 10:00am | Boxing & Music 11:45am | Lunch	12:30pm | Mexican Train 1:00pm | Beg. II Line Dancing 2:00pm | Inter. Line Dancing	

Basic Fund. Line Dancing: 6:00pm-5:30pm R $30 (Jan. 4, 11, 18 & 25- four weeks)
2nd, 3rd, & 4th Monday: 12:30pm, Crafts R $1
4th Wednesday: 1:30pm, Caregiver Support Grp
1st & 3rd Friday: 9:00am, Bible Study
Daily Drop In Activities: Coffee w/ Friends, Puzzles, Card Games, Gym, Table Games.
1st & 3rd Thursday: 12:30pm Guitar Jam
2nd & 4th Thursday: 10:30am Men's Shed

Schedules may change without notice.
For the latest updates, please refer to our website: bsrinc.org/recreation-wellness-schedules





EVENT KEY

No Symbol = No Fee (Contributions always appreciated)
$ = Fee Associated
N = New Offering/Time
Z = Class In Person + Zoomed
R = Requires Advanced Registration
*Off Site Programming CS