

THE BRUNSWICK CENTER AT SOUTHPORT

1513 N. Howe Street, S1 Southport, NC 28461
910-754-7109
Hours: Monday - Friday • 8:00am - 4:00pm
Program Manager: Jackie Knott

MONDAY	9:00am | Yoga-Healthy Bones $Z 9:00am | Tai Chi for Beg 9:30am | HKF Canasta	10:00am | Stretch & Balance 10:00am | Card Making	10:30am | Chair Yoga $Z 1:00pm | Mah Jongg 6:00pm | Jam Session
TUESDAY	9:00am | Boxing 9:30am | Bridge 10:00am | Rummikub	10:15am | Geri-Fit 12:15pm | Pinochle	1:00pm | Ping Pong 1:30pm | Get Fit w-Kathy 2:30pm | Fit & Strong
WEDNESDAY	9:00am | Yoga-Healthy Bones $Z 9:00am | Tai Chi for Beg 9:30am | Bible Study w-Jeff 9:30am | Fit & Fab w-Laura	10:00am | Cell Phone Help R 10:30am | Art Smart $ 10:30am | Chair Yoga $Z 11:00am | Quilting	12:30pm | Bible Study Interfaith Z 1:00pm | Mah Jongg for Beg
THURSDAY	9:00am | Boxing $ 9:30am | Knit-Chain Gang 10:00am | Bible Study w-Joel Z	10:15am | Geri-fit 11:30am | Beg Line Dance 12:15pm | Pinochle	1:00pm | Int Line Dance 1:00pm | Beg Bridge 1:00pm | Mah Jongg 2:00pm | Drum Fitness
FRIDAY	9:00am | Yoga-Healthy Bones $Z 9:30am | HKF Canasta	10:30am | Chair Yoga $Z 1:30pm | Drum Fitness 2:30pm | Fit & Strong	

3rd Monday, 1:00pm: Stroke Support Group
1st & 3rd Tuesday, 10:00am: Tech Help
1st & 3rd Wednesday, 1:00pm: Photography
1st & 3rd Friday, 2:00: Hand Drumming
2nd Tuesday, 11:00am: Blood Pressure Checks
4th Wednesday, 10:00am: Caregivers Support
Daily Drop in Activities: Billiards, Card Games, Exercise Room and Puzzle Alley
Lunch Daily: 11:30am - 12:15pm

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