

THE BRUNSWICK CENTER AT SUPPLY

101 Stone Chimney Road • Supply, NC 28462
910-754-7604
Hours: Mon - Thu • 8:00am - 4:30pm, Fri • 8:00am - 2:00pm
Program Manager: Grace Helms

MONDAY	8:00am | Coffee With Friends 9:45am | Stretch & Balance 10:45am | Self-Led Yoga 11:30am | Lunch	12:00pm | Quilt Together 12:30pm | Bible Study
TUESDAY	8:00am | Coffee With Friends 9:00am | Geri-Fit 9:30am | Crochet & Sewing 10:00am | Body/Core/Strength	10:00am | Sifu Sutzer Tai Chi 10:00am | Model Railroad (Men's Shed) 11:00am | Line Dancing 11:30am | Lunch
WEDNESDAY	8:00am | Coffee With Friends 9:30am | Pilates 11:00am | Geri-Fit 11:30am | Lunch	12:30pm | SUN Tai-Chi Self-Led Practice Group
THURSDAY	8:00am | Coffee With Friends 9:00am | Geri-Fit 10:00am | Geri-Fit 10:00am | Sifu Sutzer Tai Chi	10:00am | Rug Hooking 10:00am | Model Railroad (Men's Shed) 11:00am | Walky Talkys 11:30am | Lunch
FRIDAY	8:00am | Coffee With Friends 10:00 am | Wet Felting 10:15 am | Chair Yoga 11:30am | Lunch	

Every Wednesday 10AM: Iris Paper Folding $

Every Tuesday and Thursday 10AM: Mahjong

2nd Thursday: Caregivers Support Group

Daily Drop in Activities: Board Games, Library, Exercise Room

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