

Weekly Schedule January 2022

Heritage Place—Burgaw 910-259-9119



Monday	Tuesday	Wednesday	Thursday	
9:30 <i>Fit Over Fifty at FF</i> 9:45 Card Class** 3rd Monday	9:00 Crochet Group 9:45 <i>Yoga at FF</i>	Call for info On zoom "ZOOMBA"	10:00 Walking Group	10:00 Sing-a long 10:30 Zoom Pilates
10:30 <i>TAI CHI at FF</i> <i>Sign up required</i>	10:30 Geri-fit 10:30 Quilting	10:30 Bingo 10:45 <i>Pilates at FF</i>	10:30 Geri-fit	10:30 Chair Exercise 11:00 Monthly craft
11:30 Lunch 11:30 Bid Whist	11:30 Lunch 12:30 Mexican Train	11:30 Lunch	11:30 Lunch	11:30 Lunch
1:00 Canasta 6:00 Line Dancing	12:30 Rummikub 1:00 Beginning Knit	12:30 Brain Games 1:00 Bridge	12:30 Jenga/Yatzee 12:30 Rummikub	12:30—Sequence

Topsail—Hampstead 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group	9:00 Gerifit	9:00 Quilting	9:00 Gerifit 10:00 Beginning Tai Chi	10:00 (1st)** <i>Dementia Caregiver</i>
10:00 Modified Pilates Zoom Pilates**	10:00 Fellowship or Crafts		10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
AmeriCorps Card Class 2nd Monday	1:00 Inter... Tai Chi 2:00 Adv Tai Chi	1:00 Canasta 1:00 Rummikub	12:30 Quilting Mahjong/ Bridge	**Call for information **Sign up required