

# Carolina Beach

Katie B. Hines Senior Center,  
308 Cape Fear Blvd. Carolina Beach, NC 28428  
(910) 338-7246



## Carolina Beach Satellite Nutrition Site

This location is open 10am to 2pm.  
Lunch served from 12pm to 1pm.

**M**

**10:00** Island Ukulele Practice  
**1:00** Mah Jongg \*\$1


**Tu**

**10:00** Tai Chi  
**1:00** Phase 10  
**1:00** Bridge \*\$1

**W**

**10:00** Rummikub  
**10:00** Hand, Elbow, Foot Card Game  
**1:00** Line Dancing

**Th**

**10:00** Geri-fit Strength Class   
**1:00** Bingo

**F**

**10:00** Bring Your Own Craft Project Group (NEW)  
**1:30** Art Class \*\$2



### Drop-in Daily Activities Available!

Please drop-by anytime for coffee, games, or just to chat with new friends!

*Classes with an asterisk \* are provided by the Katie B. Hines Senior Center and are NOT associated with the Senior Resource Center. Please note the fee associated with those activities.*



#### Evidence-Based Class - 60+

Our evidence-based classes are backed by research and scientific evidence! These classes use informed instruction to best serve adults 60 and older.

## September Special Events

**9/4** CLOSED

**9/14** Farmer's Market  
**11a-1p**

**9/18** LCF LifeCare - Grief Support Group Presentation  
**11:30**

**9/21** Veteran Services Info Session  
**12:00**

**9/25** Katie B. Hines Senior Center hosting Flu & Covid Shot Clinic w/ Walgreens Pharmacy\*  
**11a-1:30p**

**NHC SRC Rep:** Anne Banks  
**Nutritionist:** Dylan Donnelly