

**Perquimans Seniors'**  
**Activity Calendar**  
**426-5404**  
**pcseniors.org**



**June 2021**  
 Activities: 8:30am - 4:30pm

Medicare 101  
 Thursday, July 1  
 10:30am  
 Call to Register!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Game Room Open 8:30am-4:30pm		Gardening 9-11am 1 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	Exercise Class 2 9:30am Nutrition 11:30am Afternoon Games 1pm Pinochle 1pm	Rock Painting 9am 3 TOPS 9am Choir 1pm Afternoon Games 1pm TAI CHI 2:00pm Bingo 2:00pm Line Dance 6pm	Exercise Class 4 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	5
6	Exercise Class 7 9:30am Nutrition 11:30am Afternoon Games 1:00pm	Gardening 9-11 8 Line Dancing 10am Afternoon Games 1pm	Exercise Class 9 9:30am Nutrition 11:30am Afternoon Games 1pm Pinochle 1pm	Craft with Teri-9am 10 TOPS 9am Choir 1pm Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm	11	12
13	Exercise Class 14 9:30am Nutrition 11:30am Afternoon Games 1:00pm	Gardening 9-11am 15 Van Trip 9am Line Dancing 10am Afternoon Games 1pm	Exercise Class 16 9:30am Nutrition 11:30am Afternoon Games 1pm Pinochle 1pm	TOPS 9am 17 Acrylic Painting 1pm Afternoon Games 1pm Bingo 2pm TAI CHI 2pm Line Dance 6pm	Exercise Class 18 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	19
 20	Exercise Class 21 9:30am Nutrition 11:30am Afternoon Games 1:00 pm	Gardening 9-11am 22 Line Dancing 10am Afternoon Games 1pm	Exercise Class 23 9:30am Nutrition 11:30am Afternoon Games 1pm Pinochle 1pm	TOPS 9am 24 Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm	Exercise Class 25 9:30am Nutrition 11:30am Afternoon Games 1:00pm Train Dominoes 1:00pm	26
27	Exercise Class 28 9:30am Nutrition 11:30am Afternoon Games 1:00pm	Gardening 9-11am 29 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	Exercise Class 30 9:30am Nutrition 11:30am Afternoon Games 1:00pm Pinochle 1:00pm		<b>Medicare 101</b> <b>Thursday, July 1</b> <b>10:30am</b> <b>Call to Register!</b>	