

Perquimans Seniors' Activity Calendar



426-5404
pcseniors.org



July 2021

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

Activities: 8:30am - 4:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Computer Stations Fitness Room Game Room Open 8:30am-4:30pm</p>			<p>EMS Team Basic Vitals 10:15 - 11:30am Wed. July 7</p>	<p>Rock Painting 9am TOPS 9am Medicare 101 -10:30am Afternoon Games 1pm Choir 1pm TVAI CHI 2:00pm Bingo 2:00pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>
<p> 4</p>	<p> Closed</p>	<p>Gardening 9-11am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Birthday Celebration Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Acrylics with Sandra 9am Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>11</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1:00pm</p>	<p>Gardening 9-11am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Lung Cancer Education & Prevention 10:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Jewelry with PAL 9am until Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>18</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>Choir Meets New Hope Church 6pm</p>						
<p>25</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>26</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>27</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>28</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>29</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>30</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	
<p>31</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9-11am Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm</p>	<p>TOPS 9am Decoupage with Teri 9am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	