

Perquimans Seniors Activity Calendar 426-5404 pcseniors.org



Aug-21

Activities: 8:30am-4:30pm

EMS Team
Basic Vitals
10:15am
Wed, Aug 4



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations 1 Fitness Room Game Room Open 8:30am-4:00pm	Exercise Class 2 9:30am Nutrition 11:30am Afternoon Games 1:00pm	Gardening 9-11am 3 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	Exercise Class 4 9:30am Nutrition 11:30am Madelyn's Music 12noon Birthday Celebration Afternoon Games 1pm Pinocle 1pm	Rock Painting 9am 5 TOPS 9am Afternoon Games 1pm Choir 1pm Yoga 2pm Bingo 2pm Line Dance 6pm	Exercise Class 6 9:30am Nutrition 11:30 am Afternoon Games 1pm Train Dominoes 1pm	7
8 Exercise Class 9 9:30am Nutrition 11:30am Afternoon Games 1:00pm	9 Newbold-Whitcomb tour: 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	Exercise Class 10 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinocle 1pm	11 TOPS 9am Van Trip 9am Afternoon Games 1pm Bingo 2pm T"AI CHI 2pm Line Dance 6pm	Exercise Class 12 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	13	14
15 Join us Friday, August 20th Senior Celebration 12:00 Noon	Exercise Class 16 9:30am Nutrition 11:30am Afternoon Games 1pm	Gardening 9-11 17 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	Exercise Class 18 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinocle 1pm	Exercise Class 19 9:30am Acrylics with Sandra 9am Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm	Exercise Class 20 9:30am Nutrition 11:30am Senior Citizen Celebration 12 Noon Afternoon Games 1pm Train Dominoes 1pm	21
22	Exercise Class 23 9:30am Nutrition 11:30am Afternoon Games 1pm	Field Trip 9:30am 24 Line Dancing 10am Afternoon Games 1pm Zumba 2pm Gardening 2-4pm	Exercise Class 25 9:30am Nutrition 11:30am Madelyn's Music 12 noon Afternoon Games 1pm Pinocle 1pm	Exercise Class 26 9:30am TOPS 9am Afternoon Games 1pm Acrylics with Tina 1:30-3:30pm Bingo 2pm T"AI CHI 2pm Line Dance 6pm	Exercise Class 27 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	28
29	Exercise Class 30 9:30am Nutrition 11:30am Afternoon Games 1pm	Gardening 9-11am 31 Line Dancing 10am Afternoon Games 1pm Zumba 2pm				