

Perquimans Seniors Activity Calendar 426-5404 pcseniors.org



September 2021

Activities: 8:30am - 4:30pm



EMS Team
Basic Vitals
10:15am
Wed, Sept 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Game Room Open 8:30-4:30pm						
5	6 C l o s e d	7 Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	8 Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm	9 TOPS 9am Acrylics with Sandra 9am Choir 11:30am Afternoon Games 1pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm	10 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	11
12 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	13 Exercise Class 9:30am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	14 Gardening 9-11 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	15 Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12 noon Afternoon Games 1pm Pinochle 1pm	16 TOPS 9am PALJewelry Making 9am Choir 11:30am Afternoon Games 1pm Bingo 2pm Yoga 2pm Line Dance 6pm	17 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	18
19 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	20 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Zumba 2pm	21 Gardening 9-11 Line Dancing 10am Afternoon Games 1pm Zumba 2pm	22 Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm	23 TOPS 9am Choir 11:45am Afternoon Games 1pm Acrylics with Tina 1:30-3:30pm Bingo 2pm TVAI CHI 2pm Line Dance 6pm	24 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	25
26 Exercise Class 9:30am EMS 10:30am Fall Prevention/CPR Nutrition 11:30am Afternoon Games 1pm	27 Exercise Class 9:30am EMS 10:30am Fall Prevention/CPR Nutrition 11:30am Afternoon Games 1pm	28 Aviation Museum 8-20am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	29 Exercise Class 9:30am Vidant 10:30am Fall Prevention Nutrition 11:30am Madelyn's Music 12noon Afternoon Games 1pm Pinochle 1pm Bingo 2pm	30 TOPS 9am Spoonng With Carolyn 9am Choir 11:30am Afternoon Games 1pm Yoga 2pm Line Dance 6pm	<h2>September is Fall Prevention Month</h2>	