

Perquimans Seniors

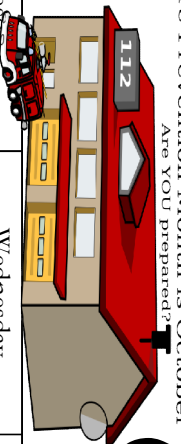
Fire Prevention Month is October

Ave You Prepared?

Activity Calendar

426-5404

www.pcseniors.org



October 2021

Activities: 8:30am - 4:30pm



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Computer Stations Fitness Room Game Room Open 8:30am-4:30pm				EMS Team Basic Vitals Wednesday, October 6 10:15am 									
3	Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	4	Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	5	Exercise Class 9:30am Hearing Specialist Presenter 10:30am Nutrition 11:30am Birthday Celebration! Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	6	Rock Painting 9am TOPS 9am Afternoon Games 1pm Choir 1pm T'AI CHI 2pm Line Dance 6pm	7	Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm	8	Exercise Class 9:30am ARHS Health Educator 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm	9	
10	Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	11	Gardening 9-11am Line Dancing 10am Afternoon Games 1pm Zumba 2pm	12	Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	13	Great Bridge Museum 8:30am TOPS 9am Acrylics with Sandra 9am Afternoon Games 1pm Chair Yoga 2pm Line Dance 6pm	14	Exercise Class 9:30am ARHS Health Educator 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm	15		16	
17	Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	18	NC State Fair 6:30am Line Dancing 10am Afternoon Games 1pm Sewing with Ellen 1pm Zumba 2pm	19	Exercise Class 9:30am Nutrition 11:30am Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	20	TOPS 9am Jewelry Creation Class 9am Afternoon Games 1pm T'AI CHI 2pm Line Dance 6pm	21	Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm	22		23	
24	Exercise Class 9:30am Vidant: Healthy Eating@ 10:30am Nutrition 11:30am Afternoon Games 1pm	25	Gardening 9-11am Line Dancing 10am Afternoon Games 1pm Sewing with Ellen 1pm Zumba 2:00pm	26	Exercise Class 9:30am Flu Clinic 9:30am Nutrition 11:30am Madelyn's Music 12noon Something Pumpkin 1pm Afternoon Games 1pm Bingo 1pm Pinochle 1pm	27	TOPS 9am Choir Afternoon Games 1pm Acrylics with Tina 1:30-3:30pm Chair Yoga 2pm Line Dance 6pm	28	Exercise Class 9:30am Vidant-Breast Cancer Awareness 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm	29		30	
31													

Flu Vaccine Clinic
Wednesday
October 27, 2021
9:30-11:30am
Please Register

