

# Perquimans Seniors Activity Calendar 426-5404 www.pcseniors.org



# NOV-21

Open  
Monday-Friday  
8am - 5pm



EMS Team Basic Vitals  
Wednesday Nov 3rd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Computer Stations Fitness Room Game Room Open 8:30am - 4:30pm</p>	<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Birthday Celebration! Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm</p>	<p>Rock Painting 9am TOPS 9am Afternoon Games 1pm T'AI CHI 2pm Line Dance 6pm</p>	<p>Exercise Class 9:30am Fire Prevention 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm</p>	<p>Yard Sale! Saturday November 6th 8:00-11:30am</p>
<p><b>DON'T FORGET</b> TO SET YOUR CLOCKS BACK ONE HOUR THIS SUNDAY.</p>	<p>Exercise Class 9:30am Travel To Africa with Doreen 10:30am (1) Nutrition 11:30am Afternoon Games 1pm</p>	<p>Gardening 9:00-11:00am Acrylics with Sandra 9-11am Medicare Open Enrollment (9-1 by appointment only) Line Dancing 10am Afternoon Games 1pm Sewing with Ellen 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Music with Pastor McCleary 10:30am followed by: Veterans Tribute with Bells Nutrition 11:30am Madelyn's Music 12Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm</p>	<p> <b>Closed</b></p>	<p>Exercise Class 9:30am Healthy Eating Vidant 10:30am Nutrition 11:30am Afternoon Games 1:00pm Train Dominoes 1:00pm</p>	<p>13</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>Exercise Class 9:30am Travel To Africa with Doreen 10:30am (2) Nutrition 11:30am Afternoon Games 1pm</p>	<p>Van Trip 9am Line Dancing 10am Afternoon Games 1pm Zumba 2pm</p>	<p>Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music 12Noon Afternoon Games 1pm Bingo 2pm Pinochle 1pm</p>	<p>Great Bridge Museum 8:30am TOPS 9-11 Medicare Open Enrollment 9am-1pm by Appointment Only Afternoon Games 1pm Acrylics with Tina 1:30pm Yoga 2pm 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</p>	<p>21</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</p>	<p>Line Dancing 10am Afternoon Games 1:00pm Zumba 2:00pm</p>	<p>Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music 12Noon Thanksgiving Celebration 12:30pm Afternoon Games 1pm Bingo 1pm Pinochle 1pm</p>	<p> <b>Closed</b></p>	<p> <b>Closed</b></p>	<p>28</p>	<p>29</p>
<p>Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm</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>29</p>	<p>30</p>	<p>31</p>	<p>1</p>