

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



## Dec-21

Open  
Monday-Friday  
8am - 5pm  
EMS Team Basic Vitals  
Wednesday, Dec 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Computer Stations</b> <b>Fitness Room</b> <b>Game Room</b> <b>Open</b> <b>8:30am-4:30pm</b>			<b>Exercise Class 9:30am 1</b> Bells with Peggy 10:30am Nutrition 11:30am Birthday Celebration Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	<b>2</b> Rocks 9am TOPS 9am Afternoon Games 1pm Snowflake Wreath 1pm T'ai Chi 2pm Line Dance 6pm	<b>3</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Afternoon Games 1pm	<b>4</b>
<b>Christmas 5</b> <b>in Savannah</b> <b>Arrive at Center 5:30am</b> <b>December 6th!</b>	<b>6</b> <b>Exercise Class 9:30am</b> Travel to Africa with Doreen 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	<b>7</b> Gardening 9-11 Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm	<b>8</b> <b>Exercise Class 9:30am</b> Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music 12 Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	<b>9</b> Acrylics with Sandra 9-11am TOPS 9am Afternoon Games 1pm Chair Yoga 2pm Line Dance 6pm	<b>10</b> <b>Exercise Class 9:30am</b> Mike's Farms Departing 10:30am Nutrition 11:30am Afternoon Games 1pm	<b>11</b>
<b>12</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm	<b>13</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm	<b>14</b> Van Trip 9am Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm Zumba 2pm	<b>15</b> <b>Exercise Class 9:30am</b> Bells with Peggy and Sing-A-Long 10:30am Nutrition 11:30am Madelyn's Music 12 Noon Christmas Celebration 12:30pm Afternoon Games 1pm Bingo 1pm Pinochle 1pm	<b>16</b> TOPS 9-11am Santa Brushes with Carolyn 9am Afternoon Games 1:30pm T'ai Chi 2pm Line Dance 6pm	<b>17</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Celebrating Nellie! 11:30am Afternoon Games 1:30pm	<b>18</b>
<b>19</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	<b>20</b> <b>Exercise Class 9:30am</b> Nutrition 11:30am Afternoon Games 1pm Yarn Corner 1pm Zumba 2pm	<b>21</b> Gardening 9-11am Afternoon Games 1pm Yarn Corner 1pm Zumba 2pm	<b>22</b> <b>Exercise Class 9:30am</b> Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music Noon Afternoon Games 1pm Bingo 1pm Pinochle 1pm	<b>23</b> 	<b>24</b> 	<b>25</b> 
<b>26</b>	<b>27</b> 	<b>28</b> Table/Board Games All Day Movie 1pm Yarn Corner 1pm	<b>29</b> <b>Exercise Class 9:30am</b> Table/Board Games 11:00am-4:30pm Bingo 1pm	<b>30</b> TOPS 9am Afternoon Games 1pm Acrylics with Tina 1:30pm Chair Yoga 2pm	<b>31</b> 	