

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



Jan-22



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Game Room Open 8:30am-4:30pm			Wednesdays! Bingo 1pm Rook Tables 1pm Pinochle 1pm			HAPPY New Year May the favor of the Lord our God rest on us. 1941-2021
2 Exercise Class 9:30am Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm	3 Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm Zumba 2pm	4 Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Birthday Celebration Madelyn's Music 12 Noon Afternoon Games 1pm	5 Rock Painting 9am T.O.P.S 9am Afternoon Games 1pm Chair Yoga 2pm Line Dance 6pm	6 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1:30pm	7 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1:00pm	8
9 Exercise Class 9:30am Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm	10 Line Dance 10am Afternoon Games 1pm Yarn Corner 1pm Garden Meeting 2pm	11 Exercise Class 9:30am Bells With Peggy 10:30am Nutrition 11:30am Madelyn's Music Noon Afternoon Games 1pm	12 Acrylics with Sandra 9-11am T.O.P.S 9am Afternoon Games 1pm TVA' CHI 2pm Line Dance 6pm	13 Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1:00pm	14 Exercise Class 9:30am Ovarian Cancer Prevention 10:30am Nutrition 11:30am Afternoon Games 1pm	15
16 MARTIN LUTHER KING JR. Day	17 Van Trip 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm Zumba 2pm	18 Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music Noon Afternoon Games 1pm	19 T.O.P.S 9am PAL Gallery Tour Leaving at 9:45am Afternoon Games 1pm Acrylics with Tina 1:30-3:30pm Chair Yoga -2pm Line Dance 6pm	20 Exercise Class 9am Nutrition 11:30am Afternoon Games 1:00pm	21 Exercise Class 9am Nutrition 11:30am Afternoon Games 1:00pm	22
23 Exercise Class 9:30am Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm	24 Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm	25 Exercise Class 9:30am Bells with Peggy 10:30am Nutrition 11:30am Madelyn's Music 12 Noon Afternoon Games 1pm	26 T.O.P.S 9am Would You Like to Build A Snowman? 9-11am Afternoon Games 1pm Philippians & Overcoming Anxiety 1pm TVA' CHI 2pm Line Dance 6pm	27 Exercise Class 9am Nutrition 11:30am Afternoon Games 1:00pm	28	29
30 Exercise Class 9am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm	31					