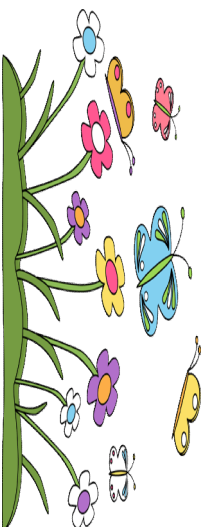


Perquimans Seniors Activity Calendar 252-426-5404 www.pcseniors.org





May 2022



EMS Team Basic Vitals

Wednesday, May 4 10:15am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Computer Stations Fitness Room Game Room Open 8:30am - 4:30am	2 WWE 8:30am Exercise Class 9:30am Shuffleboard 10:30am Nutrition 11:30am Train Dominos 1pm Afternoon Games 1pm Bridge 2pm	3 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm Zumba (V) 2pm	4 WWE 8:30am Exercise Class 9:30am Bells with Ms. Peggy 10:30am Nutrition & May Birthdays 11:30am Afternoon Games 1pm	5 Rock Painting 9am TOPS 9am Choir 1pm Afternoon Games 1pm TAI CHI 2pm	6 WWE 8:30am Exercise Class 9:30am Mothers' Day Minute to Win It Celebration 10:30am Nutrition 11:30am Afternoon Games 1pm	7
8  WWE 8:30am Exercise Class 9:30 Stroke Screening 9:30am-12:30pm Nutrition 11:30am Train Dominos 1pm Afternoon Games 1pm	9 Master Gardeners 9am Van Trip 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm Zumba (C) 2pm	10 Master Gardeners 9am Line Dancers 10am Movie and Lunch Leaving at 11am Yarn Corner 1pm Afternoon Games 1pm Zumba (C) 2pm	11 WWE 8:30am Exercise Class 9:30am Nutrition 11:30am Senior Showcase Practice 11:45am Afternoon Games 1pm	12 TOPS 9am Acrylics with Sandra 9-11am Choir 1130am Afternoon Games 1pm Chair Yoga 2pm Line Dancing 6pm	13 WWE 8:30am Exercise Class 9:30am Seed Earth Balls 10:30am Nutrition 11:30am Afternoon Games	14
15 WWE 8:30am Exercise Class 9:30am Bocce 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Bridge 2pm	16 Master Gardeners 9am Line Dancers 10am Movie and Lunch Leaving at 11am Yarn Corner 1pm Afternoon Games 1pm Zumba (C) 2pm	17 WWE 8:30am Exercise Class 9:30am Bells with Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 1pm	18 VanGogh Bound 6:30am TOPS 9am Choir 11:30am Afternoon Games 1pm TAI CHI 2pm Line Dancing 6pm	19 AAA Seminar 8:10am WWE 8:30am Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	20	21
22 WWE 8:30am Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Bridge 2pm	23 Master Gardeners 9am Line Dancing 10am Afternoon Games 1pm Senior Showcase 1pm Yarn Corner 1pm Zumba (C) 2pm	24 WWE 8:30am Exercise Class 9:30am Bells with Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 1pm	25 TOPS 9am Choir 12:15pm Afternoon Games Indoor 1pm Outdoor Games 1-3pm Acrylics with Tina 1:30-3:30pm Chair Yoga 2pm Line Dancing 6pm	26 WWE 8:30am Exercise Class 9:30am Nutrition 11:30am Afternoon Games 1pm	27	28
29	30 	31 Master Gardeners 9am Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm Zumba (V) 2pm				
	Closed				Bingo Every Wednesday 1-3pm 