


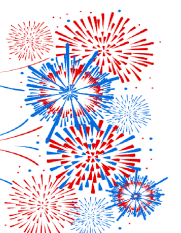



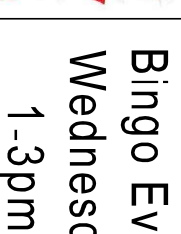
Perquimans Seniors Activity Calendar 252-426-5404 www.pcseniors.org



July 2022



EMS Team Basic Vitals
Wednesday, July 6, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Game Room Open 8:30am - 4:30pm					1 WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	2 WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm
3 HAPPY 4th OF JULY Closed	4 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm Zumba (v) 2pm	5 WWE 8:30am Exercise Class 9:30am Nutrition & July Birthdays 11:30am Afternoon Games 1pm Train Dominos 1pm Mah-jongg 1pm	6 TOPS 9am Rock Painting 9am Choir 1pm Afternoon Games 1pm Chair Yoga 2pm Line Dancing 6pm	7 WWE 8:30am Exercise Class 9:30am Bocce 10:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	8 WWE 8:30am Exercise Class 9:30am Bocce 10:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	9
10 WWE 8:30am Exercise Class 9:30am Facts About Strokes 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Bridge 2pm	11 Master Gardeners 9am Van Trip 9am Line Dancing 10am Yarn Corner 1pm Zumba (c) 2pm Afternoon Games 1pm	12 WWE 8:30am Archery 8:30am Exercise Class 9:30am Bells w/ Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Mah-jongg 1pm	13 TOPS 9am Acrylics with Sandra 9-11am Choir 12 Noon Afternoon Games 1pm T'M CHI 2pm Line Dancing 6pm	14 WWE 8:30am Exercise Class 9:30am Shuffleboard 10:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	15	16
17 WWE 8:30am Exercise Class 9:30am Indoor "Pool Party" & Games 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Bridge 2pm	18 Master Gardeners 9am Line Dancing 10am Lunch and a Movie 11am Afternoon Games 1pm Yarn Corner 1pm Zumba (v) 2pm	19 WWE 8:30am Exercise Class 9:30am Weights & Training 10:30am (James White - Vidant) Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Mah-jongg 1pm	20 TOPS 9am Summer Fun Door Hangers 9-11am Choir 12Noon Afternoon Games 1pm Chair Yoga 2pm Line Dancing 6pm	21 WWE 8:30am Exercise Class 9:30am Bocce 10:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	22	23
24 WWE 8:30am Exercise Class 9:00am "4th Life Training (EMS) 10:00am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Bridge 2pm	25 Master Gardeners 9-11am Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm Zumba (c) 2pm	26 WWE 8:30am Exercise Class 9:30am Step & Slide w/ Shirley Mamie & Sera at 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominos 1pm Mah-jongg 1pm	27 TOPS 9am Choir 11:30am Afternoon Games 1pm Advanced Acrylics 1:30-3:30pm T'M CHI 2pm Line Dancing 6pm	28 WWE 8:30am Exercise Class 9:30am Cornhole 10:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	29	30
31 						Bingo Every Wednesday 1-3pm