


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



Aug-22

EMS Team Basic Vitals
Wednesday, August 3, 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Computer Stations Fitness Room Game Room Open 8:30am - 4:30pm	1 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 12pm Train Dominos 1pm Bridge 2pm	2 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 12pm Zumba 2pm	3 WVE 8:30am Exercise Class 9:30am Bells with Ms. Peggy 10:30am Nutrition & August Birthdays 11:30am Afternoon Games 12pm Train Dominos 1pm	4 TOPS 9am Rock Painting 9am Choir 1pm Afternoon Games 12pm Chair Yoga 2pm Line Dancing 6pm	5 WVE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 12pm	6	
7 WVE 8:30am Exercise Class 9:30am Center Member Celebration 10:30am Nutrition 11:30am Afternoon Games 12pm Matter of Balance 1-3pm Train Dominos 1pm Bridge 2pm	8 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Swim Pool Party- 1pm Afternoon Games 12pm Yarn Corner 1pm Zumba 2pm	9 WVE 8:30am Exercise Class 9:30am Facts About Strokes 10:30am Nutrition 11:30am Afternoon Games 12pm Train Dominos 1pm	10 WVE 8:30am Exercise Class 9:30am Facts About Strokes 10:30am Nutrition 11:30am Afternoon Games 12pm Train Dominos 1pm	11 TOPS 9am Van Trip 9am Choir 12Noon Afternoon Games 12pm T*AI CHI 2pm Line Dancing 6pm	12 WVE 8:30am Exercise Class 9:30am Louise Leads 10:30am Shuffleboard 10:30am Nutrition 11:30am Afternoon Games 12pm	13	
14 WVE 8:30am Exercise Class 9:30am Nutrition 11:30am Afternoon Games 12pm Matter of Balance 1-3pm Train Dominos 1pm Bridge 2pm	15 Master Gardeners 9am Line Dancing 10am Shopping Downtown & Lunch 11am Afternoon Games 12pm Yarn Corner 1pm Zumba 2pm	16 WVE 8:30am Exercise Class 9:30am Stirfy with Doreen 10:30am Nutrition 11:30am Afternoon Games 12pm	17 WVE 8:30am Exercise Class 9:30am Stirfy with Doreen 10:30am Nutrition 11:30am Afternoon Games 12pm	18 TOPS 9am Acrylics with Sandra 9-11am Choir 11:30am Afternoon Games 12pm Chair Yoga 2pm Archery 2:30pm Line Dancing 6pm	19 WVE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 12pm	20	
21  WVE 8:30am Exercise Class 9:30am Healthy Brain 10:30am Nutrition 11:30am Afternoon Games 12pm Matter of Balance 1-3pm Train Dominos 1pm Bridge 2pm	22 Master Gardeners 9am Line Dancing 10am Afternoon Games 12pm Yarn Corner 1pm Zumba 2pm	23 Exercise Class 9:30am Bells with Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 12pm Train Dominos 1pm	24 TOPS 9am Thrift Store & Lunch 9:30am Choir TBA Afternoon Games 12pm Acrylics with Tina 1:30-3:00pm T*AI CHI 2pm Line Dancing 6pm	25 WVE 8:30am Exercise Class 9:30am Louise Leads 10:30am Cornhole 10:30am Nutrition 11:30am Afternoon Games 12pm	26 WVE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 12pm	27	
28 WVE 8:30am Exercise Class 9:30am Shuffleboard 10:30am Nutrition 11:30am Afternoon Games 12pm Matter of Balance 1-3pm Train Dominos 1pm Bridge 2pm	29 Master Gardeners 9am Medicare 101 9am Line Dancing 10am Lunch & Movie 11am Afternoon Games 12pm Yarn Corner 1pm Zumba 2pm	30 WVE 8:30am Exercise Class 9:30am Step & Slide w/Shirley Marie & Sera at 10:30am Nutrition 11:30am Afternoon Games 12pm Train Dominos 1pm	31 WVE 8:30am Exercise Class 9:30am Step & Slide w/Shirley Marie & Sera at 10:30am Nutrition 11:30am Afternoon Games 12pm Train Dominos 1pm	<p>**President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated.</p> <p>"Throughout our history, older people have achieved much for our families, our communities, and our country**"</p>			27
Senior Citizens Day! 28	29	30	31	Bingo Every Wednesday 1-3pm	27		