




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



## Sep-22



EMS Team  
Basic Vitals  
10:15am  
Wed Sept 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Computer Stations Fitness Room Game Room Open 8:30am - 4:30pm</p>		<p>September.. is Fall Prevention Month</p>		<p>TOPS 9am Rock Painting 9am Afternoon Games 12noon Choir 1pm Chair Yoga 2pm Line Dance 6pm</p>	<p>WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 12noon</p>	<p>3</p>
4	<p>5</p> 	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
11	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
18	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> 	<p>23</p>	<p>24</p>
25	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Bingo Every Wednesday 1-3pm</p>