

November 2022



website: www.pcseniors.org

Perquimans Senior Activity Calendar - 252 426-5404

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Zumba (Cindy) - 2 pm	2 EMS Team Basic Vitals— 10:15 am Handbells w/Ms. Peggy— 10:30 am Birthday Celebration	3 Friendship Rocks— 9-11 am Christmas workshop 12:30 pm - 4:00 pm Choir—1 pm Candle Making—1 pm T'AI CHI—2:00 pm	4 Louise Leads— 10:30 am Tea Party 1:00 pm	5 8:30 am Walk with Ease - WWE 9:30 am EXERCISE CLASS 11:30 am Nutrition 12 Noon - Train Dominoes 12 Noon - Afternoon Games 1:00 pm Mah-Jongg 1:00 pm Bridge
6 	7 Self Awareness Defense —10:30 am	8 Shopping -9 am Election Day	9 Aging Plan 10:30 am—12 pm	10 Acrylics for Beginners—9-11 Choir—11:15 am Christmas workshop 12:30 pm - 4:00 pm Candle Making—1 pm Yoga—2 pm	11 Veterans Day CLOSED	12 9 :00 am Master Gardeners 10:00 am Line Dancing 12:00 pm -Afternoon Games 1:00 pm Yarn Corner 2 pm Zumba
13	14 Line Dancing w/ Jackson 10:30 am Shopping -9 am Choir Veteran's Day Tribute—11:30 am	15 Virginia Science & Marine Museum— 8 am Master Gardeners— 9 am Zumba (Cindy) 2 pm	16 Holiday Stress Relief— 10:30 am Thanksgiving Desert Congregate Meals	17 Sewing w/Angela Ermi—8:30 am Choir—11:15 am Christmas workshop 12:30 pm - 4:00 pm T'AI CHI—2:00 pm Archery—2:30 pm	18 Painting Christmas Gift Bags—10:30 Louise Leads—10:30 am Movie & Popcorn—1 pm	19 9:30 am EXERCISE CLASS 11:30 am Nutrition 12 Noon - Train Dominoes 12 Noon -Afternoon Games 1 - 3 pm BINGO
20	21 Painting Christmas Gift Bags—10:30	22 Local Shopping— 9:00 am	23 Bocce—10:30 am	24 Thanksgiving CLOSED	25 CLOSED	26 9:00 am TOPS 12 Noon - Afternoon Games 6:00 pm Line Dancing
27	28 Shuffleboard— 10:30 am	29 Zumba (Cindy) - 2 pm	30 Step and Slide w/ Shirley, Mamie & Sera—10:30 am	*** DAILY *** Monday thru Friday	*Computer Stations *Fitness Center *Game Room	Friday 8:30 am Walk with Ease - WWE 9:30 am EXERCISE CLASS 11:30 am Nutrition 12 Noon - Afternoon Games 12 Noon - Train Dominos