

December 2022

Merry Christmas



Perquimans Senior Activity Calendar—252 426-5404

www.pcseniors.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*** DAILY *** Monday thru Friday 8:30 am - 4:30 pm *Computer Stations / Fitness Center / Game Room</p>			<p>1 Friendship Rock— 9-11 am Choir—1 pm Chair Yoga—2 pm</p>	<p>2 Louise Leads—10:30 am Country Christmas— (Onley Place) - 5 pm</p>	<p>3</p>
<p>4</p>	<p>5 Meet w/Coordinator— 10:30 am Handbells w/congregate meals 11:30 am</p>	<p>6 Shopping—9am Zumba (Cindy) - 2 pm</p>	<p>7 EMS Team Basic Vitals—10:15 am Christmas Music by Violinist—10:30 am Birthday Celebration!</p>	<p>8 Mike's Farm— 10:30 am Acrylics w/ Sandra — 9-11 am Choir— 2 pm T'AI CHI—2 pm</p>	<p>9 ECU Arthritis Education—10:30 am Louise Leads—10:30 am</p>	<p>10</p>
<p>11</p>	<p>12 Dementia & Brain Health—10:30 am</p>	<p>13 Zumba (Cindy) - 2 pm</p>	<p>14 Fire Safety—10:30 am</p>	<p>15 Christmas Progressive Meal—11:00 AM Choir—Caroling Center 2:00 pm Chair Yoga—2 pm</p>	<p>16 Line Dancing w/Jackson 10:30 am Louise Leads— 10:30 am</p>	<p>17</p>
<p>18</p>	<p>19 Step and Slide w/ Shirley, Mamie & Sera— 10:30 am Handbells w/congregate meals 11:30 am</p>	<p>20 Movie & Popcorn—1 pm Zumba—2 pm</p>	<p>21 Christmas Ceramic Ornaments—10:30 am</p>	<p>22 Craft—Birdhouse - 9:00 am Choir—12:00 Noon T'AI CHI—2 pm</p>	<p>23 <i>CLOSED</i></p>	<p>24</p>
	<p>26 <i>CLOSED</i></p>	<p>27 <i>CLOSED</i></p>	<p>28 <i>Game Day! & Pizza - 11:30 am</i></p>	<p>29 <i>CLOSED Center maintenance</i></p>	<p>30 <i>CLOSED Center maintenance</i></p>	<p>31</p>

Monday
 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

TUESDAY
 10:00 am Line Dancing
 12:00 pm -Afternoon Games
 1:00 pm Yarn Corner
 2 pm Zumba

Wednesday
 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 - 3 pm BINGO

Thursday
 9:00 am TOPS
 12 Noon - Afternoon Games
 6:00 pm Line Dancing

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