



Perquimans Seniors  
Activity Calendar  
426-5404  
www.pcsejors.org



Sep-19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>We will be CLOSED TO OBSERVE Labor DAY</b>	3 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm	4 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am EMS 10:30-Noon Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm	5 Billiards 8-5 Walk with Penny 9am Cornhole 10-11am TOPS 10am Choir 1pm Afternoon Games 1pm Line Dancing 6pm	6 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	7
8	9 Billiards 8-5 Exercise Class 10am Medication Drop Box 11AM Rook & Afternoon Games 1pm	10 Billiards 8-5 Billiards Tournament 9am (New Time!) African American Tour 9:20am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm	11 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am American Red Cross 11am Fellowship Social 12:30pm Afternoon Games 1pm Bingo 2pm	12 Billiards 8-5 Van Trip 9am Friendship Rocks 9am TOPS 10am Choir 12:30 Afternoon Games 1pm Line Dancing 6pm	13 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga 3pm	14
15	16 Billiards 8-5 Exercise Class 10am Body Kinect Wellness Balance & Posture 11am Afternoon Games 1pm	17 Billiards 8-5 Newbold-White House Historic Tour 10am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm Night Out 4:30pm	18 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Fall Prevention 11am Afternoon Games 1pm Bingo 2pm	19 Billiards 8-5 Walk with Penny 9am TOPS 10am Afternoon Games 1pm Choir 2pm Line Dancing 6pm	20 Billiards 8-5 Exercise Class 10am Show and Tell 11am Afternoon Games 1pm	21
22  September 23rd	23 Billiards 8-5 Exercise Class 10am Body Kinect Wellness Balance & Posture Continued 11am Afternoon Games 1pm	24 Billiards 8-5 Creamery 9am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	25 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Nutrition with Honey 11am Afternoon Games 1pm Bingo 2pm	26 Billiards 8-5 First Aid 9-11 TOPS 10am Choir 12:15pm Afternoon Games 1pm Bocce 1-2pm Grief Support 2-3pm I-Phone Basics 2-3:30pm Line Dancing 6pm	27 Billiards 8-5 Exercise Class 10am Fall Prevention Vidant 11am Afternoon Games 1pm Yoga 3pm	28  Social 6-9
29	30 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm					