

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



Nov-19

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--------------------------------------|
| Computer Stations & Fitness Room Open 8:30am-4:30pm | | | Birthday Celebration Wednesday 6th@ 12:15pm | | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga 3pm | Open Monday - Friday 8am - 5pm |
| 3 | Billiards 8-5 Exercise Class 10am Doodles&Dots 1pm Rook & Afternoon Games 1pm | Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am EMS 9:30 Exercise Class 10am Sava Senior Care Essential Oils 11am Afternoon Games 1pm Bingo 2pm | Billiards 8-5 Van Trip 9am Medicare Open Enrollment 9-2 Appointment Only TOPS 10am Veterans Recognition 11:45am with Choir Choir 1pm Afternoon Games 1pm Line Dancing 6pm | Billiards 8-5 Active Aging And Empowerment 8am Exercise Class 10am Afternoon Games 1pm | |
| 10 | 11 | Billiards 8-5 Billiards Tournament in Elizabeth City Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI 3pm | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am T'AI CHI Education 11am Giving Thanks Fellowship 12:30pm followed by Afternoon Games Bingo 2pm | Billiards 8-5 TOPS 10am Afternoon Games 1pm Choir Brian Center -2pm I-Phone Photography 2-3:30pm Night Out 5pm Line Dancing 6pm | Billiards 8-5 Exercise Class 10am Show and Tell 11am Afternoon Games 1pm Bocce 1-2pm Yoga 3pm | 16 |
| 17 | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Charleston Travel | Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm | Billiards 8-5 Medicare Open Enrollment 9-2 Appointment Only Friendship Rocks 9am TOPS 10am Choir 12:15pm I-Phone Photography 2-3:30pm Line Dancing 6pm | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm | 23 |
| 24 | Billiards 8-5 Exercise Class 10am Joe Griffith 11am Afternoon Games 1pm | Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Gingerbread House Craft 1pm Yarn Corner 1pm T'AI CHI Class 3pm | Billiards 8-5 Beg Line Dance 8:15am-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm | 28 | 9 | 30 |