

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



# Dec-19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations & Fitness Room Open 8:30am-4:30pm	2 Billiards 8-5 Exercise Class 10am Rook & Afternoon Games 1pm	3 Billiards 8-5 The Train House & Lunch 9:30am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	4 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am EMS 9:30am Exercise Class 10am Self Defense 11am Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm	5 Billiards 8-5 TOPS 10am Afternoon Games 1pm Choir 1pm Line Dancing 6pm	6 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga Class 3pm	7 Join Us For The Parades! "Dashing Through The Snow"
8	9 Billiards 8-5 Exercise Class 10am Exercise Benefits by Health Educator 11am Afternoon Games 1pm	10 Billiards 8-5 Van Trip 9am Billiards Tournament 9:30am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	11 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Sava Senior Care Essential Oils 11am Afternoon Games 1pm Bingo 2pm Night Out 5pm	12 Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm	13 Billiards 8-5 Exercise Class 10 am Rebecca Corprew Heating Assistance 11am Doodles & Dots 1pm Afternoon Games 1pm	14
15	16 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Christmas Craft with Pat 1pm Basic Billiards 1-3pm	17 Billiards 8-5 Rocky Hock Carolina Christmas 10am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI 3pm	18 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:4am Exercise Class 10am The Hertford House 11am Celebrating Christmas & Afternoon Games 12:30pm Bingo 2pm	19 Billiards 8-5 Friendship Rocks 9am TOPS 10am Choir 12:30pm Afternoon Games 1pm No Line Dancing Class	20 Billiards 8-5 Exercise Class 10am Show and Tell 11am Afternoon Games 1pm Yoga Class 3pm	21
22	23 Billiards 8-5 Exercise Class 10am Covered Dish 12 Noon Afternoon Games 1pm	24  Closed	25  Closed	26  Closed	27 Billiards 8-5 Exercise Class 10am Covered Dish 12 Noon and Movie Time! Afternoon Games 1pm	28
29	30 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	31 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm				Open Monday - Friday 8am - 5pm