

Perquimans Seniors Activity Calendar

426-5404

www.pcsejuniors.org



Jan-20

Open
Monday - Friday
8am - 5pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<p>Computer Stations & Fitness Room Open 8:30am - 4:30pm</p>			<p>Closed</p>	<p>Billiards 8-5 TOPS 10am Afternoon Games 1pm Choir 1pm Line Dancing 6pm</p>	<p>Billiards 8-5 Exercise Class 10am Bells With Peggy 11am Afternoon Games 1pm Yoga 3pm</p>						
5	<p>Billiards 8-5 Exercise Class 10am Importance of Sleep - 11am Rook & Other Games 1pm</p>	6	<p>Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm</p>	7	<p>Billiards 8-5 Begin Line Dance 8:15-8:45am Line Dance 8:45am EMS 9:30am Exercise Class 10:00am Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm</p>	8	<p>Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm</p>	9	<p>Billiards 8-5 Exercise Class 10am Afternoon Games 1pm</p>	10	11
12	<p>Billiards 8-5 Exercise Class 10am Protect Yourself from Grandchild Scams 11am Afternoon Games 1pm</p>	13	<p>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</p>	14	<p>Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm</p>	15	<p>Billiards 8-5 Friendship Rocks 9am TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm</p>	16	<p>Billiards 8-5 Exercise Class 10am Show and Tell 11am Afternoon Games 1pm Yoga 3pm</p>	17	<p>Potluck 18 Social 6-9pm</p>
19	<p>MARTIN LUTHER KING JR. <i>Day</i> Closed</p>	20	<p>Billiards 8-5 Aquarium Visit 8:15am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm</p>	21	<p>Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Senior Games 11am Afternoon Games 1pm Bingo 2pm</p>	22	<p>Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Night Out 5pm Line Dancing 6pm</p>	23	<p>Billiards 8-5 Exercise Class 10am Afternoon Games 1pm</p>	24	25
26	<p>Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Dementia Friends 1pm</p>	27	<p>Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm</p>	28	<p>Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am History With Phil 11am Afternoon Games 1pm Bingo 2pm</p>	29	<p>Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm I-Phone Class 2-3:30pm Line Dancing 6pm</p>	30	<p>Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga 3pm</p>	31	