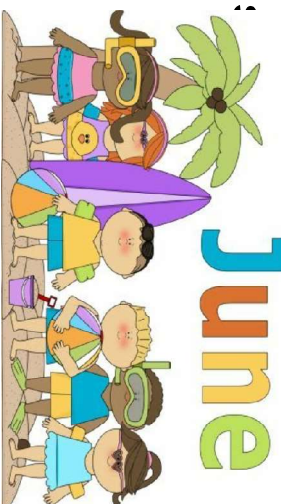


Perquimans Senior
Activity Calendar
252-426-5404
www.pcseniors.org



June
June 2022



EMS Team Basic Vitals
Wednesday, June 1, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Game Room Open 8:30am - 4:30pm	 Friday, June 3					
5 WWE 8:30am Exercise Class 9:30am Shuffleboard 10:30am Nutrition 11:30am Train Dominoes 1pm Afternoon Games 1pm Bridge 2pm	6 Master Gardeners 9am Line Dancing 10am Yarn Corner 1pm Afternoon Games 1pm Zumba (V) 2pm	7 WWE 8:30am Exercise Class 9:30am Bells W/ Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 1pm	8 WWE 8:30am Exercise Class 9:30am Bells W/ Ms. Peggy 10:30am Nutrition 11:30am Afternoon Games 1pm	9 TOPS 9am Farmhouse Floral Arrangement 9-11am Choir 11:30am Afternoon Games 1pm Chair Yoga 2pm Line Dancing 6pm	10 WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	11
12 WWE 8:30am Exercise Class 9:30am Nutrition & Exercise 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm Bridge 2pm	13 Fishing 8am-2pm Master Gardeners 9am No Line Dancing Yarn Corner 1pm Afternoon Games 1pm Zumba (V) 2pm	14 WWE 8:30am Exercise Class 9:30am Archery 10:30am Nutrition 11:30am Afternoon Games 1pm	15 WWE 8:30am Exercise Class 9:30am Archery 10:30am Nutrition 11:30am Afternoon Games 1pm	16 TOPS 9am Bead Weaving With Pam 9-11am Choir 11:30am Afternoon Games 1pm TVAI CHI 2pm No Line Dancing	17 WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	18
19 WWE 8:30am Foot Massage 9am Exercise Class 9:30am Father's Day Celebration with Games & Ice Cream 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm Bridge 2pm	20 Master Gardeners 9am Van Trip 9am Line Dancing 10am Afternoon Games Yarn Corner 1pm Zumba (C) 2pm	21 WWE 8:30am Exercise Class 9:30am First Aid 10:30am Nutrition 11:30am Afternoon Games 1pm	22 WWE 8:30am Exercise Class 9:30am First Aid 10:30am Nutrition 11:30am Afternoon Games 1pm	23 TOPS 9am Choir 12-15pm Afternoon Games 1pm Acrylics with Tina 1:30pm-3:30pm Chair Yoga 2pm Line Dancing 6pm	24 WWE 8:30am Exercise Class 9:30am Louise Leads 10:30am Nutrition 11:30am Afternoon Games 1pm	25
26 WWE 8:30am Exercise Class 9:30am Hearing Services Specialist 10:30am Nutrition 11:30am Afternoon Games 1pm Train Dominoes 1pm Bridge 2pm	27 Master Gardeners 9-11am Line Dancing 10am Afternoon Games 1pm Yarn Corner 1pm Zumba (C) 2pm	28 WWE 8:30am Exercise Class 9:30am July 4th Celebration 10:30am Nutrition 11:30am Afternoon Games 1pm	29 WWE 8:30am Exercise Class 9:30am July 4th Celebration 10:30am Nutrition 11:30am Afternoon Games 1pm	30 TOPS 9am Choir Afternoon Games 1pm TVAI CHI 2pm Line Dancing 6pm		
						Bingo Every Wednesday 1-3pm