


December 2022

Merry Christmas



Perquimans Senior Activity Calendar—252 426-5404

www.pcseniors.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*** DAILY *** Monday thru Friday 8:30 am - 4:30 pm *Computer Stations / Fitness Center / Game Room			1 Friendship Rock— 9-11 am Choir—1 pm Chair Yoga—2 pm	2 Louise Leads—10:30 am Country Christmas— (Onley Place) - 5 pm	3
4	5 Meet w/Coordinator— 10:30 am Handbells w/congregate meals 11:30 am	6 Shopping—9am Zumba (Cindy) - 2 pm	7 EMS Team Basic Vitals—10:15 am Christmas Music by Violinist—10:30 am Birthday Celebration!	8 Mike's Farm— 10:30 am Acrylics w/ Sandra — 9-11 am Choir— 2 pm T'AI CHI—2 pm	9 ECU Arthritis Education— 10:30 am Louise Leads—10:30 am	10
11	12 Dementia & Brain Health—10:30 am	13 Zumba (Cindy) - 2 pm	14 Fire Safety—10:30 am	15 Christmas Progressive Meal—11:00 AM Choir—Caroling Center 2:00 pm Chair Yoga—2 pm	16 Line Dancing w/Jackson 10:30 am Louise Leads— 10:30 am	17
18	19 Step and Slide w/ Shirley, Mamie & Sera— 10:30 am Handbells w/congregate meals 11:30 am	20 Movie & Popcorn—1 pm Zumba—2 pm	21 Christmas Ceramic Ornaments—10:30 am	22 Craft—Birdhouse - 9:00 am Choir—12:00 Noon T'AI CHI—2 pm	23 <i>CLOSED</i>	24
	26 <i>CLOSED</i>	27 <i>CLOSED</i>	28 <i>Game Day! & Pizza - 11:30 am</i>	29 <i>CLOSED</i> <i>Center maintenance</i>	30 <i>CLOSED</i> <i>Center maintenance</i>	31

Monday

8:30 am Walk with Ease - WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Train Dominoes
 12 Noon - Afternoon Games
 1:00 pm Mah-Jongg
 1:00 pm Bridge

TUESDAY

10:00 am Line Dancing
 12:00 pm -Afternoon Games
 1:00 pm Yarn Corner
 2 pm Zumba

Wednesday

8:30 am Walk with Ease - WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Train Dominoes
 12 Noon -Afternoon Games
 1 - 3 pm BINGO

Thursday

9:00 am TOPS
 12 Noon - Afternoon Games
 6:00 pm Line Dancing

Friday

8:30 am Walk with Ease - WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Afternoon Games
 12 Noon - Train Dominoes