

Perquimans Seniors'
Activity Calendar
426-5404
pcseniors.org



May 2019

Older American's Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
Computer Stations Fitness Room Open 8:30 am - 4:30pm			Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am EMS 10:30am-Noon Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm	Billiards 8-5 TOPS 10am Choir 1pm Afternoon Games 1pm I-Phone Class 2-3:30pm Night Out 5pm Line Dancing 6pm	Billiards 8-5 Exercise Class 10am Sound the Alarm 10:00am-1pm Afternoon Games 1pm						
5	Billiards 8-5 Exercise Class 10am Rook and Afternoon Games 1pm	6	Billiards 8-5 Croquet 10-11:30am Madelyn's Music 12:15pm Afternoon Games, Bowling, Yarn Corner all 1pm Learn Pinochle 1-3 Zumba 2pm T'AI CHI Class 3pm	7	Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm Carolina Moon 6:30pm	8	Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo - 2pm	9	Billiards 8-5 Health Fair 9-Noon @ Community Center Exercise Class 10:15am Afternoon Games 1pm Yoga Class 3pm	10	11
 12	Billiards 8-5 Exercise Class 10am Medicare 101 (1-3pm) @Extension Bldg Afternoon Games 1pm	13	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	14	Billiards 8-5 Friendship Rocks 9am TOPS 10am Choir 12:30pm Afternoon Games 1pm Line Dancing 6pm	15	Billiards 8-5 Beg Line Dance 8:15am-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm	16	Billiards 8-5 Exercise Class 10am Know Your Numbers & More! 11am Afternoon Games 1pm	17	18
19	Billiards 8-5 Exercise Class 10am Antique Road Show 11am - Part 1 Afternoon Games 1pm	20	Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Senior Showcase Leave Center 1:00pm	21	Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm	22	Billiards 8-5 TOPS 10am Croquet 10-11:30am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm	23	Billiards 8-5 Exercise Class 10am Memorial Day Recognition 1pm Afternoon Games 2pm Yoga Class 3pm	24	25
26	 27	28	Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	29	Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Opioid Crisis 10-2 Registration Required History with Phil 11am Afternoon Games 1pm Bingo 2pm	30	ZIP Quest 6:30am Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dance 6pm	31	Billiards 8-5 WALK Against Elder Abuse -Leave at Center at 9am Exercise Class 10am Afternoon Games 1pm		

No Social