


# PERQUIMANS COUNTY SENIOR'S CENTER ACTIVITY CALENDAR

426-5404



# July-18

Open  
8:30am - 4:30pm  
Fitness Room  
Computer  
Stations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Billiards 8-5 Exercise Class 10AM Independence Celebration &Outdoor Games 12:00 noon	2	3 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI Class 3pm	4  CLOSED	5 Billiards 8-5 TOPS 10am Choir 1pm Afternoon Games 1pm	6 Billiards 8-5 Know It Control It 9am Exercise Class 10am Afternoon Games 1pm Yoga 3pm	7
8 Billiards 8-5 Exercise Class 10am Rook Table 1pm Other Games 1pm	9	10 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI Class 3pm	11 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Birthday Celebration 12:30pm Rook & Other Games 1pm Bingo 2pm	12 Billiards 8-5 2K Walk 9am TOPS 10am Community Needs Focus Group 11am Choir 12:30 pm Afternoon Games 1pm Line Dancing 6pm	13 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	14
15 Van Trip 7:30am Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	16 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI 3pm	17 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI 3pm	18 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm	19 Billiards 8-5 TOPS 10am\ Archery 2pm Choir 2pm Afternoon Games 1pm Line Dancing 6pm	20 Billiards 8-5 Know It - Control It 9am Exercise Class 10am Afternoon Games 1pm Yoga 3pm	21
22 Billiards 8-5 Exercise Class 10am Assistance Program 11am Afternoon Games 1pm	23 Billiards 8-5 Rock Painting 9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI Class 3pm	24 Billiards 8-5 Rock Painting 9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI Class 3pm	25 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm	26 Billiards 8-5 2K Walk 9am TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm	27 Billiards 8-5 Exercise Class 10am Rook and Other Games 1pm	28 Saturday Night Social 7-10pm 
29 Billiards 8-5 Movie&Lunch Leave 10am Exercise Class 10am Afternoon Games 1pm	30 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI Class 3pm	31			America is much more than a geographical fact. It is a political and moral fact-the first community in which men set out in principal to institutionalize freedom, responsible government and human equality. - Adlai Stevenson	