




Perquimans County
Senior Citizens Center
Activity Calendar
426-5404



Sep-18
Senior Center & Healthy Aging Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Open 8:30am-4:30 pm			Wednesday, September 5th ***New Session for Beginners Line Dance Class			1
2		3 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm	4 Billiards 8-5 New Beg. Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Rook & Other Games 1pm Bingo 2pm-Quality Home Care	5 Billiards 8-5 2K Walk 9am TOPS 10am Choir 1pm Afternoon Games 1pm Line Dancing 6pm	6 Billiards 8-5 Croquet Club 8am Scam Jam 9am - Eliz City Exercise Class 10am Afternoon Games 1pm	7 8
9	10 Billiards 8-5 Exercise Class 10am Rook & Other Games 1pm	11 Billiards 8-5 Billiards Tournament 10am (Elizabeth City) Madelyn's Music 12:15 Birthday Celebration 12:30 Yarn Corner 1pm Bowling 1pm T'AI CHI 3pm	12 Billiards 8-5 Beg. Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Self-Defense/Awareness 11am Rook & Other Games 1pm Bingo 2pm (UnitedHealthCare)	13 Billiards 8-5 TOPS 10am Annie @ COA 10am Choir 12:30pm Afternoon Games 1pm Line Dancing 6pm	14 Billiards 8-5 Healthy Living 9am - Noon Exercise Class 10am Sundae Social 12:45pm Afternoon Games 1pm Yoga 3pm	15
16	17 Billiards 8-5 Van Trip 9am Exercise Class 10am Afternoon Games 1pm	18 Billiards 8-5 Driver Safety 8:30am Madelyn's Music 12:30pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm	19 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Estate Planning, Wills POA+ 11am Afternoon Games 1pm Bingo 2pm	20 Billiards 8-5 2K Walk 9am TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm	21 Billiards 8-5 Exercise Class 10am Rook & Other Games 1pm	22
	23 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	24 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI Class 3pm	25 Billiards 8-5 Beg. Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Health Care During Retirement 11am Afternoon Games 1pm Bingo 2pm	26 Billiards 8-5 TOPS 10am Choir 12:30pm Afternoon Gams 1pm Archery Tournament 2pm Line Dancing 6pm	27 Billiards 8-5 Exercise Class 10am Rook & Other Games 1pm Yoga 3pm	28 29 Social 7-10pm 
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