



Perquimans County Senior Citizens Center Activity Calendar 426-5404



Oct-18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations Fitness Room Open 8:30am-4pm	1 Billiards 8-5 Exercise Class 10am Rook & Other Games 1pm	2 Billiards 8-5 Neptune Festival 8:30am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm TAI CHI 3pm	3 Billiards 8-5 Beg. Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Outliving Your Retirement? 11am Birthday Celebration 12:30pm Rook & Other Games 1pm Bingo 2pm	4 Billiards 8-5 Aging With Gusto 8:15am TOPS 10am Choir 1pm Afternoon Games 1pm I-Phone 2-3:30pm Line Dancing 6pm	5 Billiards 8-5 Exercise Class 10am Medicare 101 12:30pm-2pm Afternoon Games 2pm Croquet 3:30pm	6
 Columbus Day ..is Oct 8th	7 Billiards 8-5 Exercise Class 10am Medication Drop Box 10:30-11:30am Afternoon Games 1pm	8 Billiards 8-5 Volleyball 10am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm	9 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Flu Vaccine Clinic 9-11:30am Exercise Class 10am Ozark Festival Depart 11:45am Afternoon Games 1pm Bingo 2pm	10 Billiards 8-5 2k 9am TOPS 10am Choir 12:15pm Afternoon Games 1pm Iphone 2-3:30pm Line Dancing 6pm	11 Billiards 8-5 Exercise Class 10am CAR FIT 10:30am-12:30pm Afternoon Games 1pm Yoga 3pm Carolina Moon Theatre show starts 7pm	12 
14	15 Billiards 8-5 Exercise Class 10AM United Health Care 11am Horseshoes & Cornhole 1pm Other Games 1pm	16 State Fair 6:30am Billiards 8-5 Madelyn's Music 12:15 Yarn Corner 1pm Afternoon Games 1pm Bowling 1pm T'AI CHI Class 3pm	17 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Infection Prevention & Diabetes Educator 11am Afternoon Games 1pm Bingo 2pm	18 Billiards 8-5 TOPS 10am Choir 2:00pm Afternoon Games 1pm Line Dancing 6pm	19 Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	20
21	22 Billiards 8-5 Van Trip 9am Exercise Class 10am Afternoon Games 1pm	23 Billiards 8-5 Make A Wreath 9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI 3pm	24 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Understanding Health Care & RX Options 11am Afternoon Games 1pm Bingo 2pm	25 Billiards 8-5 TOPS 10am Choir 12:30pm Afternoon Games 1pm Iphone 2-3:30pm Line Dancing 6pm	26 Billiards 8-5 Know It Control It 9am Exercise Class 10 am Rook & Other Games 1pm Yoga 3pm	27 Join us at Belvidere Days 8am-4pm No Social
28	29 Billiards 8-5 Bowling at the Outer Banks 8:30am Exercise Class 10am Afternoon Gams 1pm	30 Billiards 8-5 2K -9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm	31 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Dementia Friends 11am Favorite Celebrity and Treats 12:30pm Afternoon Games 1pm Bingo 2pm	