

Perquimans County Senior Citizens Center Activity Calendar 426-5404



August-18

If we don't change, we don't grow. If we don't grow, we aren't really living. - Gail Sheehy

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|--|--|---|---|----------|----|
| Computer Stations Fitness Room Open 8:30am - 4:30pm | | | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Rook & Other Games 1pm Bingo 2pm - Quality Home Care with games with each Bingo | Billiards 8-5 TOPS 10am Afternoon Games 1pm Line Dancing 6pm | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga 3pm | | |
| 5 | Billiards 8-5 Exercise Class 10am Rook Table 1pm Other Games 1pm | 6 | 7 | 8 | 9 | 10 | 11 |
| | | Billiards 8-5 Van Trip 9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm | 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 | Billiards 8-5 2K Walk 9am TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm | Billiards 8-5 Know It Control It 9am Exercise Class 10am Historic Edenton Trolley Tour 10am Afternoon Games 1pm | | |
| 12 | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Choir 6:30pm | 13 | 14 | 15 | 16 | 17 | 18 |
| | | Billiards 8-5 Mixed Doubles Billiards 9:30am Madelyn's Music 12:30pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI 3pm | Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Rook&Other Games 1pm Bingo 2pm | Billiards 8-5 TOPS 10am Choir 12:15pm Afternoon Games 1pm Line Dancing 6pm | Billiards 8-5 Crazy Hat & Game Day Exercise Class 10am Afternoon Games 1pm Yoga 3pm | | |
| 19 | Billiards 8-5 Exercise Class 10am CIP Applications 10:30am Afternoon Games 1pm | 20 | 21 | 22 | 23 | 24 | 25 |
| | | Billiards 8-5 2K Walk 9am Madelyn's Music 12:15pm Afternoon Games 1pm Yarn Corner 1pm Bowling 1pm Zumba 2pm T'AI CHI 3pm | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dancing 8:45am Exercise Class 10am Take Meds Now 11am Afternoon Games 1pm Bingo 2pm | Billiards 8-5 Christmas Box Craft 9am TOPS 10am Choir 12:30pm Afternoon Games 1pm Archery 2pm Line Dancing 6pm | Billiards 8-5 Croquet 9am Exercise Class 10am Rook & Other Games 1pm | | |
| 26 | Billiards 8-5 Exercise Class 10am Afternoon Games 1pm | 27 | 28 | 29 | 30 | 31 | |
| | | Billiards 8-5 Madelyn's Music 12:15pm Afternoon Gams 1pm Yarn Corner 1pm Bowling 1pm T'AI CHI Class 3pm | Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 9am Project Lifesaver 11am Afternoon Games 1pm Bingo 2pm | Billiards 8-5 Windsor Zoo&Heritage House 9:30am TOPS 10am Choir 12:30pm Afternoon Games 1pm Line Dancing 6pm | Billiards 8-5 Croquet 9am Exercise Class 10am Improve Balance 11am Rook and Other Games 1pm Yoga 3pm | | |