

**Peggy Seegars Senior Center**

**January 2021**

**Phone: (919)731-1591**



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Pre-Registration is required for all classes and activities.</b></p>				<p><b>1</b></p> 
<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p>	<p><b>7</b></p> <p><b>*WAGES Grab &amp; Go Meals</b> <b>Drive Thru Bingo</b> New game begins for January 10:30am</p>	<p><b>8</b></p> <p><b>Parking Lot Line Dance</b> 9:30 a.m. <b>**Arthritis Ex Class in the parking lot - 11:00 a.m.</b></p>
<p><b>11</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p> <p>Call for Fitness Room time slot</p>	<p><b>12</b></p> <p><b>Food Bank – 10:30am</b> <b>Must pre-register</b> <b>Contact Christine Pittman</b> <b>@ 919-731-1586</b> <b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p>	<p><b>13</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p> <p>Call for Fitness Room time slot <b>Deadline to register for Corn Hole Tournament</b> <b>Bible Study 10:00 am</b></p>	<p><b>14</b></p> <p><b>*WAGES Grab &amp; Go Meals</b> <b>Drive Thru Bingo</b> <b>10:30 am</b></p> <p><b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p>	<p><b>15</b></p> <p><b>Parking Lot Line Dance</b> 9:30 a.m. <b>**Arthritis Ex Class in the parking lot 11:00 a.m.</b></p> <p><b>Call for Fitness Room time slot on Tuesday</b></p>
<p><b>18</b></p> 	<p><b>19</b></p> <p><b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p>	<p><b>20</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p> <p><b>CORN HOLE Tournament</b> Call for Fitness Room time slot <b>Bible Study 10:00 am</b></p>	<p><b>21</b></p> <p><b>*WAGES Grab &amp; Go Meals</b> <b>Drive Thru Bingo</b> <b>10:30 am</b></p> <p><b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p>	<p><b>22</b></p> <p><b>Parking Lot Line Dance</b> 9:30 a.m. <b>**Arthritis Ex Class in the parking lot 11:00 a.m.</b></p>
<p><b>25</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p> <p>Call for Fitness Room time slot</p>	<p><b>26</b></p> <p><b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p> <p><b>WCC Sewing class</b></p>	<p><b>27</b></p> <p><b>ZOOM Exercise</b> 9:30 a.m.</p> <p><b>Bible Study 10:00 am</b></p> <p>Call for Fitness Room time slot</p>	<p><b>28</b></p> <p><b>*WAGES Grab &amp; Go Meals</b> <b>Drive Thru Bingo</b> <b>10:30 am</b></p> <p><b>Fitness Room</b> 9:00 &amp; 10:00 am slots</p>	<p><b>29</b></p> <p><b>Parking Lot Line Dance</b> 9:30 a.m. <b>**Arthritis Ex Class in the parking lot 11:00 a.m.</b></p>

**\* WAGES Frozen Grab & Go Meals – Mt. Olive Mondays @ 9:00 – 11:00 a.m. - Goldsboro on Thursdays 9:30 – 11:00 a.m. To register call WAGES 919-580-1790.**

**\*\* Arthritis, ZOOM class & Fitness Room registration – contact Lisa Weston @ 919-731-1589. Must pre-register - Class size is limited.**

**WCC Sewing Class-Must pre-register at WCC, cost is \$50 for the course.**

**---- MUST pre-register to participate for all activities ----**