

Perquimans County Senior Citizens Center  
Activity Calendar

| Monday, January 18              | Tuesday, January 19 | Wednesday, January 20 | Thursday, January 21      |
|---------------------------------|---------------------|-----------------------|---------------------------|
| Closed                          |                     |                       |                           |
| Center Open 8:30am to 4:00pm    |                     |                       |                           |
| Martin Luther King Holiday      |                     |                       |                           |
| Exercise Class                  | Line Dance          | Exercise Class        | Creative Art - Zentangles |
|                                 | 10:00-11:00am       | 9:30-10:30am          | 9:00-11:00am              |
| Fitness Room                    | Fitness Room        | Fitness Room          | Fitness Room              |
|                                 | 8:30-9:30am         | 8:30-9:30am           | 8:30-9:30am               |
|                                 | 9:45-10:45am        | 9:45-10:45am          | 9:45-10:45am              |
|                                 | 1:00-1:45pm         | 1:00-1:45pm           | 1:00-1:45pm               |
|                                 | 2:00-2:45pm         | 2:00-2:45pm           | 2:00-2:45pm               |
|                                 | 3:00-3:45pm         | 3:00-3:45pm           | 3:00-3:45pm               |
| Game Room                       | Game Room           | Game Room             | Game Room                 |
|                                 | 9:00-11:00am        | 9:00-11:00am          | 9:00-11:00am              |
|                                 | 1:00-4:00pm         | 1:00-4:00pm           | 1:00-4:00pm               |
| Computer Lab                    | Computer Lab        | Computer Lab          | Computer Lab              |
|                                 | 8:30-9:30am         | 8:30-9:30am           | 8:30-9:30am               |
|                                 | 9:45-10:45am        | 9:45-10:45am          | 9:45-10:45am              |
|                                 | 1:15-2:30pm         | 1:15-2:30pm           | 1:15-2:30pm               |
|                                 | 2:45-4:00pm         | 2:45-4:00pm           | 2:45-4:00pm               |
| Table Games                     | Zumba               | Table Games           | TAI' CHI                  |
|                                 | 2:00-3:00pm         | 1:00-4:00pm           | 2:00-3:00pm               |
| Center Closed 11:00am to 1:00pm |                     |                       |                           |
|                                 |                     |                       |                           |
|                                 |                     |                       |                           |

Perquimans County Senior Citizens Center  
Activity Calendar

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| Friday, January 22 |
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| Exercise Class     |
| 9:30-10:30am       |
|                    |
| Fitness Room       |
| 8:30-9:30am        |
| 9:45-10:45am       |
| 1:00-1:45pm        |
| 2:00-2:45pm        |
| 3:00-3:45pm        |
|                    |
| Game Room          |
| 9:00-11:00am       |
| 1:00-4:00pm        |
|                    |
|                    |
| Computer Lab       |
| 8:30-9:30am        |
| 9:45-10:45am       |
| 1:15-2:30pm        |
| 2:45-4:00pm        |
|                    |
| Table Games        |
| 1:00-4:00pm        |
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