

Perquimans County Senior Citizens Center  
Activity Calendar Telephone: 252- 426-5404

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Center Open 8:30am to 4:00pm				
<b>Exercise Class</b>	<b>Line Dance</b>	<b>Exercise Class</b>	<b>Rocks</b>	<b>Exercise Class</b>
9:30-10:30am	10:00-11:00am	9:30-10:30am	9:00-11:00am	9:30-10:30am
<b>Fitness Room</b>	<b>Fitness Room</b>	<b>Fitness Room</b>	<b>Fitness Room</b>	<b>Fitness Room</b>
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm
2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm
3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm
<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>
9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am
1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm
<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm
2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm
<b>Table Games</b>	<b>Zumba</b>	<b>Table Games</b>	<b>TAI' CHI</b>	<b>Table Games</b>
1:00-4:00pm	2:00-3:00pm	1:00-4:00pm	2:00-3:00pm	1:00-4:00pm
Center Closed 11:00am to 1:00pm				