

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

| Monday, March 15 | Tuesday, March 16 | Wednesday, March 17 | Thursday, March 18 | Friday, March 19 |
|---------------------------------|-------------------|---------------------|-------------------------|------------------|
| | | | | |
| Center Open 8:30am to 4:00pm | | | | |
| | | | | |
| Exercise Class | Line Dance | Exercise Class | Fused Glass Wind Chimes | Exercise Class |
| 9:30-10:30am | 10:00-11:00am | 9:30-10:30am | 9:00-11:00am | 9:30-10:30am |
| | | | | |
| Fitness Room | Fitness Room | Fitness Room | Fitness Room | Fitness Room |
| 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 |
| | | | | |
| Game Room | Game Room | Game Room | Game Room | Game Room |
| | 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 |
| | | | | |
| | | | | |
| Computer Lab | Computer Lab | Computer Lab | Computer Lab | Computer Lab |
| 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 |
| | | | | |
| Table Games | Zumba | Table Games | TAI' CHI | Table Games |
| 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 | | | | |
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