

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

Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Center Open 8:30am to 4:00pm				
Exercise Class	Line Dance	Exercise Class	PAL & TOPS	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	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	Yoga	Table Games	Bingo	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				