

March 2023

website: www.pcreactiveliving.org

Perquimans County Center for Active Living - Calendar—252 426-5404



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|--|---|---|--|--|-----|
| | | | 1 WWE—8:30 am EMS Team Basic Vitals— 10:15 am Birthday Celebration! Master Gardeners—Noon | 2 Rock Painting—9-11 Choir—1 pm Quilting 101—1—2 pm T'Al CHI—2 pm | 3 WWE—8:30 am Drums Alive—10:30 am | 4 |
| 5 | 6 WWE—8:30 am Take Control— 10:30 am | 7 WWE (Zoo) - 8:45 am Quilting 101—9:30 am Zumba—2pm | 8 WWE—8:30 am Cooking Up —10:30 am Master Gardeners—Noon | 9 Acrylics w/Sandra— 9-11 am Choir—11:30 am Water color w/ Tina— 1:30 pm | 10 WWE—8:30 am Photography 101—10:30 am | 11 |
| 12 Daylight Savings Time | 13 WWE—8:30 am Take Control— 10:30 am | 14 Talent Cel. Practice (Sound) - 9 am Shopping— 9 am Quilting 101—9:30 am Zumba—2pm | 15 WWE—8:30 am Senior Games Practice— 10:30 am (shot put/ discus) Pickleball lessons (P&R) - 10:40 am | 16 Cinderella Performance—9 am Choir—Noon Sew Much Fun—1:00 pm Acrylics w/Tina—1:30 pm T'Al CHI—2 pm | 17 WWE—8:30 am Health Education Seminar—10:30 am | 18 |
| 19 | 20 WWE—8:30 am Take Control— 10:30 am | 21 Senior Games Prac- tice—9:00 am (Bocce/Cornhole) Quilting 101—9:30 am Zumba—2pm Chair Yoga—2pm Archery—2:30 pm | 22 WWE—8:30 am Step & Slide w/Shirley, Mamie & Sera—10:30 am Master Gardeners—Noon | 23 Talent Celebration—1 3 pm Choir—1:00 pm T'Al CHI—2 pm | 24 WWE—8:30 am Exercise Class 9-10 am Healthy Aging Station Ro- tation 10-11:30 am | 25 |
| 26 | 27 Take Control— 10:30 am | 28 Quilting 101—9:30 am Zumba—2pm Chair Yoga—2pm | 29 Senior Games Practice— 10:30 am (football/softball throw) Master Gardeners—Noon | 30 Choir—Noon Cheese Box Craft—1 pm T'Al CHI—2 pm | 31 Drums Alive—10:30 am | |

Monday
 8:30 am Walk with Ease -
 WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Train Dominoes
 12 Noon - Afternoon Games
 1:00 pm Mah-Jongg
 1:00 pm Bridge

TUESDAY
 10:00 am Line Dancing
 11:30 am Nutrition
 12:00 pm -Afternoon Games
 1:00 pm Yarn Corner
 2 pm Zumba

Wednesday
 8:30 am Walk with Ease -
 WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Train Dominoes
 12 Noon -Afternoon Games
 12 Noon—CHESS / CRIBBAGE
 1 - 3 pm BINGO

Thursday
 9:00 am TOPS
 11:30 am Nutrition
 12 Noon - Afternoon Games
 6:00 pm Line Dancing

Friday
 8:30 am Walk with Ease -
 WWE
 9:30 am EXERCISE CLASS
 11:30 am Nutrition
 12 Noon - Afternoon Games
 12 Noon - Train Dominoes

