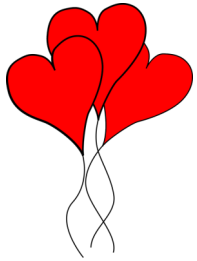
February 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EMS Team Basic Vitals—10:15 am Line Dancing w/ Jackson—10:30 am Nutrition—Birthday Celebration!	2 Rock Painting—9-11 Choir—1 pm T'AI CHI—2 pm Underground Railroad Museum—3 pm	3 National Wear Red Day! WWE—Registration—10:45 am	4
5	6 Take Control—10:30 am	7 Shopping—9 am Chair Yoga—2 pm Zumba—2 pm	8 Healthy Heart News—10:30 am	9 Acrylics w/Sandra—9-11 am Water color—1:30 pm T'AI CHI—2 pm Archery—2:30 pm	10 Drums Alive—10:30 am Valentine's Dinner Theater (Onley Place)—5 pm	11
12	13 WWE–8:30 am Take Control—10:30 am	14  Camp Cale— 11:00 am Chair Yoga—2 pm Zumba—2 pm	15 WWE–8:30 am Master Gardeners—10:30 am	16 Sewing w/Angela Ermi—1:00 pm T'AI CHI—2 pm	17 WWE–8:30 am Card Party— 12-4 pm	18
19	20 WWE–8:30 am Take Control—10:30 am Movie—TBA	21 Acrylics w/ Sandra—12:30 pm Chair Yoga—2 pm Zumba—2 pm	22 WWE–8:30 am Healthy Living—10:30 am	23 Acrylics w/ Tina Fielder—1:30 pm T'AI CHI—2 pm	24 WWE–8:30 am Tie Dye—10:30 am	25
26	27 WWE–8:30 am Take Control—10:30 am	28 Chair Yoga—2 pm Zumba—2 pm				



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 Dominos

website: www.pcactiveliving.org