



# Perquimans County Center for Active Living



| Sun | Mon   | Tue  | Wed  | Thu   | Fri  | Sat |
|-----|---|--|--|---|--|-----|
|     | 1<br>Bocce—10:30 am<br>Got Tech? - 12:30 pm             | 2  | 3 Community Garden—8:30 am<br>EMS Team Basic Vitals— 10:15 am<br>Handbells w/Ms. Peggy—10:30 am<br>Diamond Art Club—10:30 am     | 4<br>Rock Painting— 9 am                                    | 5<br>Dance<br>Fitness—10:30 am                                       | 6   |
| 7   | 8<br>Shuffleboard— 10:30 am<br>Hearing test— 10 am—2 pm | 9<br>Shopping—9 am   | 10 Community Garden—8:30 am<br>Advanced Care Planning—10:30 am<br>Performing Arts Practice—10:30 am<br>Diamond Art Club—10:30 am | 11<br>Acrylics w/ Sandra—9 am<br>Watercolor w/ Tina 1:30 pm | 12   | 13  |
| 14  | 15<br>Local Health Educator (ARHS) - 10:30 am           | 16<br>Senior Games—9 am                                    | 17<br>Community Garden—8:30 am<br>History for Lunch—10:30 am<br>Performing Arts Practice—10:30 am<br>Diamond Art Club—10:30 am   | 18<br>Sew Much Fun—1 pm                                     | 19<br>Dance Fitness— 10:30 am<br>Photography (Field Trip) — 10:30 am | 20  |
| 21  | 22<br>Creative Writing—10:30 am<br>Bocce—10:30          | 23<br>Lunch & Movie— TBD                                   | 24<br>Community Garden—8:30 am<br>First Aid—10:30 am<br>Diamond Art Club—10:30 am  | 25<br>Acrylics w/Tina 1:30 pm                               | 26<br>Performing Arts Practice— 10:30 am                             | 27  |
| 28  | 29<br>Dementia Friends of NC— 10:30 am                  | 30<br>Chess Tournament—10 am<br>Coinjock Marina — 10:30 am | Phone: (252) 426-5404<br>Website:<br><a href="http://www.pcactiveliving.org">www.pcactiveliving.org</a>                          |   |  |     |