

**Perquimans County
Center for Active Living**


July 

2024

Phone: 252-426-5404

Fax: 252-426-1296

Website: www.pactiveliving.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 * <i>Daily Activites</i>	2 Lunch & Movie — 11:00	3 EMS Vitals — 10:15 Independence Day Celebration — 10:30 Scavenger Hunt — 12:30	4 CLOSED 	5 Cornhole — 10:30	6
7	8 Creative Writing — 10:30	9 Hand Spa Experience — 10:00	10 Nutrition Birthday Celebrations — 12:00	11 Acrylic Painting — 9:00 Paint Bookmarks w/ Nancy — 1:30	12 Lunch at Texas Roadhouse — 10:00 Dance Fitness — 10:30	13
14	15 Shuffleboard — 10:30	16 Shopping Williamston — 9:00	17 * <i>Daily Activites</i>	18 Craft with Penny - Oyster Shell Trinket Dish— 9:00	19 Bocce & Horseshoes — 10:30	20
21	22 Sun Safety Talk — 10:30	23 Watercolor Painting with Margi — 1:00	24 * <i>Daily Activites</i>	25 Pool Party — 1:00	26 Outdoor Games — 10:30 Dance Fitness — 10:30	27
28	29 * <i>Daily Activites</i>	30 * <i>Daily Activites</i>	31 Safety in the Bathroom Seminar — 10:30			

→ * See Daily Activites Calendar