

**Perquimans County
Center for Active Living**

September 2024

Phone: 252-426-5404

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Website: www.pcactiveliving.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed HAPPY LABOR DAY	3 Zentangle Art— 9:00 am	4 Community Garden— 8:30 am EMS Team Basic Vitals— 10:15 am Handbells—10:30 am LIFT sign-ups—10:30 am	5 Rock Painting— 9:00 am Choir—1:00 pm	6 Outside games— 10:30 am	7
8	9 Sourdough Bread Making— 10:30 am Got Tech— 12:30 pm	10 Thrift Shopping— 9:00 am	11 Voter Update — 10:30 am	12 Acrylic Painting — 9:00 am LIFT prep — 9:30 am	13 Outer Banks "Kite Festival" - 8:30 am	14
15	16 Creative Writing— 10:30 am	17 Terri's Card Making and Stampin'! - 10:00 am	18 Photography — 10:30 am Fall Prevention—10:30 am	19 Sew Much Fun — 1:00 pm	20 Outside games— 10:30 am Dance Fitness— 10:30 am	21
22	23 Soap Making — 10:30 am	24 Shred & Shield Day— 10:00 am—	25 WII Game Station— 10:30 am	26 Watercolor— 1:00 pm Chowan Co Fair— 3:30 pm	27 Outside games— 10:30 am Chair Fitness— 10:30 am	28
29	30 Signs /Awareness Mental Heath— 10:30 am					