

**Perquimans County
Center for Active Living**

November

Phone: 252-426-5404

Fax: 252-426-1296

Website: www.pcactiveliving.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Dance Fitness — 10:30 am Tea Party — 1:00 pm	2
3	4 Diabetes Awareness— 10:30 am Got Tech? - 12:30 pm	5 L.I.F.T.—9:00 am Terri's Card Making and Stampin'! - 10:00 am VOTE	6 EMS Vital—10:15am Veteran Salute— 10:30 am Handbells— 10:30 am	7 L.I.F.T.—9:00 am Rock Painting— 9:00 am Choir—1:00 pm	8 Dance Fitness — 10:30 am Nancy's Fairies— 2:00 pm	9
10	11 CLOSED  Veterans Day	12 L.I.F.T.— 9:00 am Island Farm— 8:30 am	13 Float Meeting— 10:00 am	14 L.I.F.T.—9:00 am Acrylics—9:00 am Crafts w/ Lynne— 1:00 pm	15 Dance Fitness— 10:30 am	16
17	18 Creative Writing— 10:30 am	19 L.I.F.T.—9:00 am Shopping—9:00 am	20 Photography 101— 10:30 am	21 L.I.F.T.—9:00 am Watercolors— 9:00 am Sew Much Fun— 1:00 pm	22 Dance Fitness— 10:30 am Thanksgiving Festivities— 1:00 pm SHIIP Day— By Appointment	23
24	25 AARP— 8:10 am SHIIP Day— By Appointment	26 Float Meeting— 10:00 am	27 Float Meeting— 10:00 am 	28 CLOSED  HAPPY THANKSGIVING	29 CLOSED	30