

**Perquimans County
Center for Active Living**

January 2025

Phone: 252-426-5404
 Fax: 252-426-1296
 Website: www.pcactiveliving.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED 	2 Rock Painting — 9:00 am No Night Line Dancing	3 Dance Fitness— 10:30 am	4
5	6 Creative Writing— 10:30 am	7 Power Hour — 10:00 am	8 * Daily Activities	9 Acrylics — 9:00 am	10 Dance Fitness— 10:30 am	11
12	13 Staying Connected— 10:30 am	14 Terri's Card Making and Stampin'! - 10:00 am Power Hour — 10:00 am	15 Intro/Registration for Albemarle Senior Games— 10:30 am	16 Photography 101— 10:30 am Sew Much Fun— 1:00 pm	17 Dance Fitness— 10:30 am	18
19	20 CLOSED 	21 Movie—TBD Power Hour — 10:00 am	22 * Daily Activities	23 Watercolors — 10:00 am	24 Dance Fitness— 10:30 am Walk with Ease (WWE) - 10:30 am	25
26	27 Cervical Health Awareness — 10:30 am	28 Shopping — 9:00 am Power Hour — 10:00 am	29 The Landings of the Albemarle — 10:30 am	30 * Daily Activities	31 Dance Fitness— 10:30 am	