January 2025

Phone: 252-426-5404 Fax: 252-426-1296

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED (appy*) (ew) (ear*)	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	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	Photography 101— 10:30 am Sew Much Fun— 1:00 pm	Dance Fitness— 10:30 am	18
19	CLOSED MARTIN LUTHER KING DAY	21 Movie—TBD Power Hour — 10:00 am	* Daily Activities	Watercolors — 10:00 am	Dance Fitness— 10:30 am Walk with Ease (WWE) - 10:30 am	25
26	27 Cervical Health Awareness — 10:30 am	Shopping — 9:00 am Power Hour — 10:00 am	The Landings of the Albemarle — 10:30 am	* Daily Activities	31 Dance Fitness— 10:30 am	

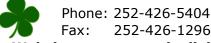


2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Hearing Screening — 10:00 am	4 Shopping—9:00 am Power Hour— 10:00 am	5 EMS Vital — 10:15am Handbells — 10:30 am	6 Rock Painting— 9:00 am	7 Wear Red Day! Dance Fitness— 10:30 am	8
9	10 Staying Connected — 10:30 am	11 Terri's Card Making —10:00 am Power Hour— 10:00 am	* Daily Activities	13 Acrylics — 9:00 am	Dance Fitness— 10:30 am The Onley Place— 4:30 pm	15
16	17 WWE — 8:30 am Movie— 10:30 am	Power Hour— 10:00 am	19 WWE — 8:30 am Photography 101— 10:30 am History for Lunch— 10:30 am	20 Craft w/ Penny— 9:00 am Sew Much Fun— 1:00 pm	21 WWE — 8:30 am Dance Fitness— 10:30 am	22
23	24 WWE — 8:30 am Heart Health Awareness— 10:30 am	Power Hour— 10:00 am	26 WWE — 8:30 am	Watercolors— 10:00 am	28 WWE — 8:30 am Dance Fitness— 10:30 am	

Perquimans County Center for Active Living March 2025 Phone: 252-426-5404 Fax: 252-426-1296 Website: www.pcactiveliving.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 WWE — 8:30 am Eat Better, Feel Better — 10:30 am Community Gardening — 1:00 pm	4 *Line Dancing — 9:00 am Shopping—9:00 am Advance Care Planning — 10:30 am Power Hour— 10:00 am	5 WWE — 8:30 am EMS Vital —10:15am Handbells — 10:30 am	Rock Painting — 9:00 am Shuffleboard— 10:30 am	7 WWE — 8:30 am Dance Fitness— 10:30am Card Party— 12:00pm	8
7 Time Change	10 WWE — 8:30 am Hearing Screening — 10:00 am Outdoor Games —12:30 pm	Rudy Theater— 8:30 am Power Hour— 10:00 am	12 WWE — 8:30 am	Acrylics—9:00am Bocce & Cornhole— 10:30 am	14 WWE —8:30 am History for Lunch— 10:30 am Dance Fitness— 10:30 am	15
16	17 WWE — 8:30 am Got Tech? - 12:30 pm Outdoor Games —12:30 pm Happy St. Patrick's Day!	18 Sylvain Bird Park— 8:30 am Power Hour— 10:00 am	19 WWE — 8:30 am Photography 101— 10:30 am History for Lunch— 10:30 am	20 Craft w/ Penny— 9:00 am Sew Much Fun— 1:00 pm *No Night Line Dancing	21 WWE — 8:30 am Dance Fitness— 10:30 am	22
23	24 WWE — 8:30 am	25 Terri's Card Making —10:00 am Power Hour— 10:00 am	26 WWE — 8:30 am	* Daily Activities	28 WWE — 8:30 am Dance Fitness— 10:30 am	29
30	31 Community Gardening—8:30 am					



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shopping— 8:15 am Power Hour— 10:00 am	EMS Vital — 10:15am Handbells — 10:30 am	3 Rock Painting — 9:00 am	4 Dance Fitness— 10:30am Easter Celebration —1:00 pm	5
6	7 Parkinson's Awareness— 10:30 am Got Tech? - 12:30 pm	8 NC Estuarium— 9:00 am Power Hour— 10:00 am	9 *Daily Activities	10 Acrylics—9:00am	Pilgrimage— 9:30 am Dance Fitness— 10:30am	12
13	Cooking with Herbs—10:30 am	15 Senior Games— 9:00 am Power Hour— 10:00 am	History for Lunch— 10:30 am	Easter Eggs— 9:00 am Sew Much Fun— 1:00 pm	CLOSED Good Friday	19
Easter Sunday	21 Outdoor Games— 10:30 am	Pinecone Bird Feeder—9:00 am Power Hour— 10:00 am	Photography 101— 10:30 am	Craft w/ Penny— 9:00 am	Dance Fitness— 10:30am Outdoor Games— 1:00 pm	26
27	28 Sweet Treats— 10:30 am	29 Terri's Card Making —10:00 am Power Hour— 10:00 am	Staying Connected— 10:30 am			



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Rock Painting — 9:00 am Performing Arts Showcase Rehearsal— 12:30 pm	Dance Fitness— 10:30am	3
4	5 Stroke Awareness— 10:30 am	6 Power Hour— 10:00 am Bocce & Shuffleboard — 10:30 am	7 EMS Vital — 10:15am Handbells — 10:30 am	8 Acrylics—9:00 am Gardening— 9:00 am	9 Dance Fitness— 10:30am Mother's Day Recognition— 2:00 pm	10
11 Mother's	12 Museum Café— 8:30 am Handbell Practice— 10:30 am	Power Hour— 10:00 am	*Daily Activities Lancaster, PA	Photography— 10:30 am Sew Much Fun— 1:00 pm	Dance Fitness— 10:30am Horseshoes— 1:00 pm	17
18	Memorial Day Tribute—10:30 am	20 Gardening— 9:00 am Power Hour— 10:00 am Terri's Card Making —10:00 am	Staying Connected— 10:30 am	Performing Arts Showcase — 12:15 pm	Dance Fitness— 10:30am	24
25	CLOSED MEMORIAL DAY ***	27 Shopping—9:00 am Power Hour— 10:00 am	28 Museum Café— 8:30 am	29 Craft w/ Penny— 9:00 am	30 Dance Fitness— 10:30am ECSU Planetarium/Texas Roadhouse— 10:30 am	31

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Brain Health/ Alzheimer Awareness— 10:30 am	3 Virginia Zoo— 8:30 am	4 Gardening— 8:30 am EMS Vital - 10:15am Handbells — 10:30 am	5 Soul/R&B Line Dancing—8:30 am Rock Painting — 9:00 am WEAAD Walk— 9:15 am	6 Dance Fitness— 10:30am	7
8	9 Take Control— 10:30 am	10 Morris & Grandy Farm Market— 8:30 am	Gardening— 8:30 am	Acrylics—9:00 am Bling It On!- 1:00 pm	13 Dance Fitness— 10:30am Day for Dads— 1:30 pm	14
Happy Father's Day!	16 Take Control— 10:30 am Staying Connected— 1:30 pm	17 Terri's Card Making —10:00 am Advance Care Planning -10:30 am	18 Gardening— 8:30 am	Craft with Penny— 9:00 am Sew Much Fun— 1:00 pm	Dance Fitness— 10:30am First Day of Gummer	Yard SALE 8:00 am - Noon
22	Take Control— 10:30 am	24 Shopping—9:00 am *No Line Dancing*	Gardening— 8:30 am	3 Amigos & Nu-Quality Ice Cream—11:00 am *No Line Dancing*	27 Bow Making— 9:00 am Dance Fitness— 10:30am	28
29	30 Take Control— 10:30 am					



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Stitches of Comfort— 9:00 am Museum Café— 1:00 pm	2 Gardening— 8:30 am EMS Vital —10:15 am Handbells — 10:30 am Ice Cream Social— 2:00 pm	Rock Painting — 9:00 am Bling It On!- 1:00 pm	4 CLOSED HAPPY HAPPY JULY	5
6	7 Take Control— 10:30 am	8 Tie Dye — 9:00 am	9 Gardening—8:30 am	Acrylics— 9:00 am Stitches of Comfort— 12:00 pm	Horseshoes— 10:00 am	12
13	Take Control— 10:30 am	15 Movie—10:30 am	16 Gardening—8:30 am Staying Connected— 10:30 am	17 Sew Much Fun— 1:00 pm	18 Cornhole—10:00 am	19
20	Take Control— 10:30 am	Shopping—9:00 am Terri's Card Making— 10:00 am	23 Gardening—8:30 am	24 Stitches of Comfort— 1:00 pm Museum Café— 1:00 pm	25 Cornhole—2:00 pm	26
27	Take Control— 10:30 am	Bocce & Shuffleboard— 10:00 am Advance Care Planning— 10:30 am	30 Gardening—8:30 am	31 Hometown Adventure —12:15 pm	*Check out our Daily section of this mo newsletter for all our scheduled program activities*	onth's regularly



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Daily Activities	2
3	4 Hurricane Preparedness — 10:30 am Mr. Ted's Poetic Storytime— 1:00 pm	5 Hometown Adventure— 9:00 am	6 Gardening— 8:30 am EMS Vital — 10:15am Handbells — 10:30 am	7 Rock Painting — 9:00 am	8 Swimme & Son Open House— 10:15 am	9
10	Digital Skills— 10:30 am	12 Movie—TBD	Gardening— 8:30 am Sun Safety— 10:30 am	14 Acrylics—9:00 am Splish, Splash, Bash!—12:15 pm	15 Outdoor Games— 10:00 am	16
17	Digital Skills— 10:30 am	19 Shopping—9:00 am	Gardening— 8:30 am	21 Happy Senior Citizens' Day Craft w/ Penny— 9:00 am *No Line Dancing*	Outdoor Games— 10:00 am	23
24	Digital Skills— 10:30 am	26 Terri's Card Making—10:00 am Museum Café— 1:00 pm	Gardening— 8:30 am	28 Sue's Clay Critters -9:00 am	29 Daily Activities	30
31						



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED labor day	Aquarium— 8:30 am Power Hour— 9:30 am	3 Powerful Tools - 9:30 am EMS Vital — 10:15am Handbells — 10:30 am	Rock Painting — 9:00 am	*Daily Activities	6
GRAND) PARENTS	8 Digital Skills— 10:30 am	9 Yoga—9:30 am Advance Care— 10:30 am	10 Gardening— 9:00 am Powerful Tools— 9:30 am Sleep & Aging— 10:30 am	Acrylics—9:00 am	Kite Festival— 9:00 am	13
14	Digital Skills— 10:30 am	* Yoga—8:30 am Shred & Shield— 10:00 am	Powerful Tools— 9:30 am Photography— 10:30	18 Craft w/ Penny— 9:00 am	Gone Fishin' Getaway— 7:00 am	20
21	Digital Skills— 10:30 am	Yoga—9:30 am Shopping— 9:00 am	Powerful Tools— 9:30 am Gardening— 9:00 am	25 Watercolors— 9:00 am Sew Much Fun— 1:00 pm Chowan County Fair—3:30 pm	Pétanque— 9:00 am	27
28	29 Digital Skills— 10:30 am	30 Yoga—9:30 am Terri's Card Making—10:00 am	section of	Be sure to check the this month's newslescheduled program	etter for all our reg	gularly



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Be sure to check the Daily Activities section of this month's newsletter for all our regularly scheduled programs and events		1 Powerful Tools - 9:30 am EMS Vital — 10:15am Handbells — 10:30 am	2 Rock Painting — 9:00 am	3	4	
5	6 Digital Skills— 10:30 am	7 River City RC Club—8:30 am Power Hour— 9:30 am	8 Vaccine Clinic— 9:00 am Powerful Tools— 9:30 am	9 Acrylics—9:00 am	10 Floatin' into Christmas— 10:30 am	11
12	Cooking w/ the Seasons— 10:30 am	14 Yoga—9:30 am	15 Photography— 10:30 am	16 The Rudy Theater— 8:15 am Sew Much Fun— 1:00 pm	17 Floatin' into Christmas— 1:00 pm	18
19	20 Oral Health— 10:30am	21 Shopping—9:00 am Yoga—9:30 am	22	23	24 Craftsman's Fair— 9:30 am	25
26	27	28 Yoga—9:30 am	29	30	31 Floatin' into Christmas— 1:00 pm Halloween	



252-426-1296

2025	
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Be sure to	check the Daily Activition our regularly sched	es section of this mont uled programs and eve				1
Time Change	3 Shingles— 10:30 am	4 Power Hour— 9:30 am Advance Care— 10:30 am Floatin' into Christmas— 1:00 pm	5 EMS Vital — 10:15am Handbells — 10:30 am	6 Rock Painting — 9:00 am	7 Tea Party— 1:00 pm	8
9	10	CLOSED Veterans Day	12	13 Acrylics—9:00 am Croquet—12:30 pm	14	15
16	Cooking w/ the Seasons— 10:30 am	Shopping— Yoga—9:30 am	Photography	20 Craft w/ Penny— 9:00 am Sew Much Fun— 1:00 pm	21	22
23	24	25 Movie	26	CLOSED HAPPI	closed sgiving	29
30						



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Website:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Cooking w/ the Seasons— 10:30 am	Power Hour— 9:30 am	3 EMS Vital — 10:15am Handbells — 10:30 am	4 Rock Painting — 9:00 am	5	6 Hertford Christmas Parade — 2:00 pm
7	8 The Importance of Socialization— 10:30 am	9	10	Acrylics—9:00 am	12	13
14	15	16 Shopping—	17 Photography—	18 Sew Much Fun— 1:00 pm	19	20
21 First Day of Winter	22 Center CLOSED For Maintenance	23 Center CLOSED For Maintenance	CLOSED MERR	CLOSED Y CHRIS	CLOSED TMAS	27
28	29	30	31		ly Activities section of r regularly scheduled activities*	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat