

Daily Activities

***See Calendar for Special Events / Programs*

MONDAY

8:30 am — Walk with Ease -WWE

9:30 am — Exercise Class

11:30 am — Nutrition

12 Noon — Afternoon Games

12 Noon — Train Dominoes

12 Noon — Chess

1:00 pm — Mah-Jongg

1:00 pm — Bridge

TUESDAY

10:00 am — Line Dancing

11:30 am — Nutrition

12 Noon — Afternoon Games

12 Noon — CHESS



COMPUTER STATIONS

We have four computers
hooked up to the internet for you to use.

Please no food or drink in this area.

Monday - Friday, 8:00 am until 4:30 pm.

Fitness Room

**You need a registration and waiver on file in order to
use the equipment.*

Game Room

Pool / Foosball / Darts / Table Tennis

**Open for all
8:30 am until 4:30 pm
Monday - Friday**

WEDNESDAY

8:30 am — Walk with Ease -WWE

9:30 am — Exercise Class

10:30 am — Diamond Art

11:30 am — Nutrition

12 Noon — Afternoon Games

12 Noon — Train Dominoes

12 Noon — Chess

1:00 - 2:45 pm — BINGO

THURSDAY

9:00 am — TOPS

10:30 am — Chair Fusion Class

11:30 am — Nutrition

12 Noon — Afternoon Games

6:00 pm — Line Dancing



FRIDAY

8:30 am — Walk with Ease -WWE

9:30 am — Exercise Class

10:30 am — Dance Fitness

11:30 am — Nutrition

12 Noon — Afternoon Games

12 Noon — Train Dominos



**PERQUIMANS COUNTY
CENTER FOR ACTIVE LIVING**

1072 Harvey Point Road

Hertford, NC 27944

(252) 426-5404

www.pcactiveliving.org