


**Perquimans County
Center for Active Living**

**SEPTEMBER
2025**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED  labor day	2 Aquarium— 8:30 am Power Hour— 9:30 am	3 Powerful Tools - 9:30 am EMS Vital — 10:15am Handbells — 10:30 am	4 Rock Painting — 9:00 am	5 *Daily Activities	6
7 	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	11 Acrylics—9:00 am	12 Kite Festival— 9:00 am	13
14	15 Digital Skills— 10:30 am	16 * Yoga—8:30 am Shred & Shield— 10:00 am	17 Powerful Tools— 9:30 am Photography— 10:30	18 Craft w/ Penny— 9:00 am	19 Gone Fishin’ Getaway— 7:00 am	20
21	22 Digital Skills— 10:30 am  HAPPY FALL	23 Yoga—9:30 am Shopping— 9:00 am	24 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	26 Pétanque— 9:00 am	27
28	29 Digital Skills— 10:30 am	30 Yoga—9:30 am Terri’s Card Making—10:00 am	*Be sure to check the Daily Activities section of this month’s newsletter for all our regularly scheduled programs and events*			