

**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	

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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	12 * Daily Activities	13 Acrylics — 9:00 am	14 Dance Fitness— 10:30 am The Onley Place— 4:30 pm	15
16	17 WWE — 8:30 am Movie— 10:30 am	18 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	25 Power Hour— 10:00 am	26 WWE — 8:30 am	27 Watercolors— 10:00 am	28 WWE — 8:30 am Dance Fitness— 10:30 am	



Perquimans County Center for Active Living March 2025



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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 <i>*Line Dancing</i> — 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	6 Rock Painting — 9:00 am Shuffleboard— 10:30 am	7 WWE — 8:30 am Dance Fitness— 10:30am Card Party— 12:00pm	8
9 <i>Time Change</i> 	10 WWE — 8:30 am Hearing Screening — 10:00 am Outdoor Games —12:30 pm	11 Rudy Theater— 8:30 am Power Hour— 10:00 am	12 WWE — 8:30 am	13 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 <i>*No Night Line Dancing</i>	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	27 <i>* Daily Activities</i>	28 WWE — 8:30 am Dance Fitness— 10:30 am	29
30	31 Community Gardening—8:30 am					

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APRIL 2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shopping— 8:15 am Power Hour— 10:00 am	2 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 <i>*Daily Activities</i>	10 Acrylics—9:00am	11 Pilgrimage— 9:30 am Dance Fitness— 10:30am	12
13	14 Cooking with Herbs—10:30 am	15 Senior Games— 9:00 am Power Hour— 10:00 am	16 History for Lunch— 10:30 am	17 Easter Eggs— 9:00 am Sew Much Fun— 1:00 pm	18 CLOSED Good Friday 	19
20 Easter Sunday 	21 Outdoor Games— 10:30 am	22 Pinecone Bird Feeder—9:00 am Power Hour— 10:00 am	23 Photography 101— 10:30 am	24 Craft w/ Penny— 9:00 am	25 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	30 Staying Connected— 10:30 am			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Rock Painting — 9:00 am	2	3
4	5	6	7 EMS Vital — 10:15am Handbells — 10:30 am	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22 Showcase — 12:15 pm	23	24
25	26 CLOSED ***** MEMORIAL DAY *** *****	27	28	29	30	31

**Perquimans County
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June 2025


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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 EMS Vital — 10:15am Handbells — 10:30 am	5 Rock Painting — 9:00 am	6	7
8	9	10	11	12	13	14
15 Happy Fa- ther's Day	16	17	18	19 Sew Much Fun— 1:00 pm	20 First Day of Sum- mer	21
22	23	24	25	26	27	28
29	30					

**Perquimans County
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July  **2025**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 EMS Vital — 10:15am Handbells — 10:30 am	3 Rock Painting — 9:00 am	4 CLOSED 	5
6	7	8	9	10	11	12
13	14	15	16	17 Sew Much Fun— 1:00 pm	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Perquimans County
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August

2025


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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 EMS Vital — 10:15am Handbells — 10:30 am	7 Rock Painting — 9:00 am	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Perquimans County
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**SEPTEMBER
2025**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED  labor day	2	3 EMS Vital — 10:15am Handbells — 10:30 am	4 Rock Painting — 9:00 am	5	6
7 Grandpar- ents Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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October 2025


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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EMS Vital — 10:15am Handbells — 10:30 am	2 Rock Painting — 9:00 am	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

**Perquimans County
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November
2025

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Time Change	3	4	5 EMS Vital — 10:15am Handbells — 10:30 am	6 Rock Painting — 9:00 am	7	8
9	10	11 CLOSED 	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 CLOSED	28 CLOSED 	29
30						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 EMS Vital — 10:15am Handbells — 10:30 am	4 Rock Painting — 9:00 am	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 CLOSED??? Floor Maintenance?	24 CLOSED	25 CLOSED	26 CLOSED	27
28	29	30	31	 MERRY CHRISTMAS		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat

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