

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
- 10:00 am – Power Hour
- 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

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www.pcactiveliving.org