

## **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  
12:00 pm – Afternoon Games  
12 Noon – CHESS



### **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

**Phone: 252 426-5404**  
**Fax: 252-426-1296**  
**Website: [www.pcactiveliving.org](http://www.pcactiveliving.org)**

### **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  
11:30 am – Nutrition  
12 Noon – Afternoon Games  
12 Noon – Train Dominos

### **FITNESS ROOM** -

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

### **GAME ROOM**—

Pool / Foosball / Darts / Table Tennis

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