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

 $1:00 \, \text{pm} - \text{Mah-Jongg}$

1:00 pm — Bridge

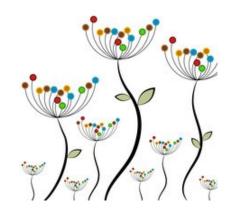
<u>Tuesday</u>

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

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.