

# Perquimans County Center for Active Living



## SEPTEMBER

# 2026

Phone: 252-426-5404

Fax: 252-426-1296

Website: [www.pcactiveliving.org](http://www.pcactiveliving.org)

| Sunday                                                                                  | Monday                                                                                                               | Tuesday                                                                                                               | Wednesday                                                 | Thursday                                                                                                       | Friday                                                                                          | Saturday |
|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------|
|                                                                                         |                                                                                                                      | 1<br>*Daily Activities*                                                                                               | 2<br>EMS Vital —10:15am<br><br>Golden Chimes—<br>10:45 am | 3<br>Paper Possibilities<br>Craft—9:00 am<br><br>Chair Fusion—<br>10:30 am                                     | 4<br>Dance Fitness—<br>10:30 am <i>(Video Led)</i><br><br>Labor Day<br>Celebration—<br>12:00 pm | 5        |
| 6                                                                                       | 7<br><b>CLOSED</b><br><br>labor day | 8<br><br>Outdoor Games—<br>10:00 am                                                                                   | 9<br><br>*Daily Activities*                               | 10<br>Acrylics—9:00am<br><br>Chair Fusion—<br>10:30 am<br><br>Hometown<br>Adventure—12:45 pm                   | 11<br>Dance Fitness—<br>10:30 am <i>(Video Led)</i><br><br>Center Cinema—<br>1:00 pm            | 12       |
| 13<br> | 14<br><br>Digital Skills—<br>10:30 am                                                                                | 15<br><br>*Daily Activities*                                                                                          | 16<br><br>Fall Prevention<br>BINGO—1:00 pm                | 17<br>Craft w/ Penny—<br>9:00 am<br><br>Chair Fusion—<br>10:30 am<br><br>Sew Much Fun—<br>1:00 pm              | 18<br>Outdoor Games—<br>10:00 am<br><br>Dance Fitness—<br>10:30 am <i>(Video Led)</i>           | 19       |
| 20                                                                                      | 21<br><br>Digital Skills—<br>10:30 am<br><br>Voting 101—<br>10:30 am                                                 | 22<br>Tryon Palace—<br>8:00 am<br> | 23<br><br>Medicare 101—<br>10:30 am                       | 24<br><br>Chair Fusion—<br>10:30 am<br><br>Paper Possibilities<br>Craft—1:00 pm                                | 25<br>Dance Fitness—<br>10:30 am <i>(Video Led)</i><br><br>Card Party—<br>12:00 pm              | 26       |
| 27                                                                                      | 28<br><br>Digital Skills—<br>10:30 am                                                                                | 29<br><br>The Shoppes—<br>8:30 am                                                                                     | 30                                                        | *Be sure to check this month's Daily<br>Activities section for all regularly<br>scheduled programs and events* |                                                                                                 |          |