

# 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



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



PERQUIMANS COUNTY  
CENTER FOR ACTIVE LIVING

1072 Harvey Point Road  
Hertford, NC 27944

**( 252) 426-5404**

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