


**Perquimans County
Center for Active Living**

October 2024

Phone: 252-426-5404

Fax: 252-426-1296

Website: www.pactiveliving.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 L.I.F.T.—9:00 am	2 EMS Vital— 10:15am Handbells— 10:30 am	3 L.I.F.T.—9:00 am Rock Painting— 9:00 am Choir—1:00 pm	4 Dance Fitness— 10:30 am	5
6	7 River City RC Club—9:00 am Got Tech— 12:30 pm	8 L.I.F.T.—9:00 am Beeswax Food Wraps—10:30 am	9 Advanced Care Planning— 10:30 am Fall/Winter Garden Prep—10:30 am	10 L.I.F.T.—9:00 am Acrylics—9:00 am	11 Dance Fitness— 10:30 am	12
13	14 Creative Writing— 10:30 am Lunch & Movie— 10:30 am	15 L.I.F.T.—9:00 am Terri's Card Making and Stampin'! - 10:00 am	16 Photography 101— 10:30 am	17 L.I.F.T.— 9:00 am Craft w/ Penny— 9:00 am Sew Much Fun— 1:00 pm	18 Dance Fitness— 10:30 am	19
20	21 Breast Cancer Awareness— 10:30 am Float Prep — 2:00 pm	22 L.I.F.T.—9:00 am Shopping — 9:00 am Camp Cale — 10:45 am	23 Vaccine Clinic— 9:00 am—12 Noon	24 L.I.F.T.—9:00 am Watercolor w/ Terri— 1:00 pm	25 Dance Fitness— 10:30 am	26
27	28 Fraud & Scam Prevention— 10:30 am	29 L.I.F.T.—9:00 am	30 Something Pumpkin - 10:30 am	31 L.I.F.T.—9:00 am	