

Perquimans County Senior Citizens Center  
 Activity Calendar-Prior Registration is Required: 426-5404

Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Center Open 8:30am to 4:00pm				
WWE 8:30am		WWE 8:30am		WWE 8:30am
Exercise Class 9:30-10:30am	Line Dancing 10:00-11:00am	Exercise Class 9:30am-10:30am	TOPS 9:00-11:00am	Exercise Class 9:30-10:30am
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12
13	13	13	13	13
14	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
18	18	18	18	18
19	19	19	19	19
20	20	20	20	20
		Stroke Screening 10am - Noon		
		Pre-registration Required 252-482-6242		



Perquimans County Senior Citizens Center  
Activity Calendar-Prior Registration is Required: 426-5404

3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm
1. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
2. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
3. NuStep	3. NuStep	3. NuStep	3. Nustep	3. Nustep
4. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other
<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>
9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00	9:00-11:00am
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>	<b>Game Room</b>
1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>	<b>Computer Lab</b>
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am
1	1	1	1	1
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
1	1	1	1	1
1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm
1	1	1	1	1
2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm
1	1	1	1	1

Perquimans County Senior Citizens Center  
 Activity Calendar-Prior Registration is Required: 426-5404

Table Games 1:00-4:00pm	Yoga 2:00-3:00pm	Table Games 1:00-4:00pm	Bingo 2:00-3:30pm	Table Games and Dominoes 1:00-4:00pm
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11	11	11	11	11
12	12	12	12	12
13	13	13	13	13
14	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
18	18	18	18	18
19	19	19	19	19
20	20	20	20	20
Center Closed from 11:00am. To 1pm				