

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

Monday, February 22	Tuesday, February 23	Wednesday, February 24	Thursday, February 25	Friday, February 26
Center Open 8:30am to 4:00pm				
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
Fitness Room 8:30-9:30am	Fitness Room 8:30-9:30am	Fitness Room 8:30-9:30am	Fitness Room 8:30-9:30am	Fitness Room 8:30-9:30am
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
or other:	or other:	or other:	or other:	or other:
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
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
or other:	or other:	or other:	or other:	or other:

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Fitness Room	Fitness Room	Fitness Room	Fitness Room	Fitness Room
1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm	1:00-1:45pm
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
or other:	or other:	or other:	or other:	or other:
2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm
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
or other:	or other:	or other:	or other:	or other:
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
or other:	or other:	or other:	or other:	or other:
Game Room	Game Room	Game Room	Game Room	Game Room
9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00am
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
Game Room	Game Room	Game Room	Game Room	Game Room
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

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Computer Lab	Computer Lab	Computer Lab	Computer Lab	Computer Lab
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
Table Games	Zumba	Table Games	Bingo	Table Games
1:00-4:00pm	2:00-3:00pm	1:00-4:00pm	2:00-3:30pm	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
Center Closed from 11:00am. To 1pm				