

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

Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
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	Rock Painting 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

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Fitness Room	Fitness Room	Fitness Room	Fitness Room	Fitness Room
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	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
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other
Fitness Room	Fitness Room	Fitness Room	Fitness Room	Fitness Room
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
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other
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
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. 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
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other

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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
Game Room	Game Room	Game Room	Game Room	Game Room
9:00-11:00am	9:00-11:00am	9:00-11:00am	9:00-11:00	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
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
5	5	5	5	5
6	6	6	6	6
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

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Table Games + Dominoes	Zumba	Table Games	TAI' CHI	Table Games&Dominoes
1:00-4:00pm	2:00-3:00pm	1:00-4:00pm	2:00-3:00pm	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
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
14	14	14		14
15	15	15		15
16	16	16		16
17	17	17		17
18	18	18		18
19	19	19		19
20	20	20		20
Center Closed from 11:00am. To 1pm				