

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
12 Noon – CHESS



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
12:45 - 2:45 pm – BINGO

Phone: 252 426-5404
Fax: 252-426-1296
Website: www.pcactiveliving.org

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

FITNESS ROOM -

*You need registration and waiver on file in order to use the equipment.

GAME ROOM—

Pool / Foosball / Darts / Table Tennis

**8:30 am until 4:30 pm,
Monday - Friday.**