

**Perquimans County  
Center for Active Living**

*November*  
**2025**

Phone: 252-426-5404  
Fax: 252-426-1296  
Website: [www.pcactiveliving.org](http://www.pcactiveliving.org)

| Sun                                                                                                                            | Mon                                              | Tue                                                                                                      | Wed                                                            | Thu                                                                                                          | Fri                                    | Sat |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------|-----|
| *Be sure to check the Daily Activities section of this month's newsletter for all our regularly scheduled programs and events* |                                                  |                                                                                                          |                                                                |                                                                                                              |                                        | 1   |
| 2<br><i>Time Change</i><br>                    | 3<br><br>Shingles—<br>10:30 am                   | 4<br><br>Yoga—9:30 am<br>Advance Care—<br>10:30 am<br>Floatin' into<br>Christmas—<br>1:00 pm             | 5<br><br>EMS Vital —<br>10:15am<br><br>Handbells —<br>10:30 am | 6<br><br>Rock Painting —<br>9:00 am<br><br>Craft w/ Penny—<br>1:00 pm                                        | 7<br><br>Tea Party—<br>1:00 pm         | 8   |
| 9                                                                                                                              | 10<br><br>Veteran's Salute—<br>10:30 am          | 11<br><b>CLOSED</b><br> | 12<br><br>Swimme & Son:<br>Bathroom Safety—<br>10:30am         | 13<br><br>Acrylics—9:00 am<br>Croquet—12:30 pm                                                               | 14<br><br>SHIIP DAY—<br>By Appointment | 15  |
| 16                                                                                                                             | 17<br><br>Cooking w/ the<br>Seasons—<br>10:30 am | 18<br><br>Shopping—<br>9:00 am<br>Yoga—9:30 am<br>Terri's Card<br>Making—10:00 am                        | 19<br><br>Photography—<br>10:30 am                             | 20<br><br>Craft w/ Penny—<br>9:00 am<br>Sew Much Fun—<br>1:00 pm                                             | 21<br><br>*Daily Activities*           | 22  |
| 23                                                                                                                             | 24<br><br>Pick & Paint—<br>9:00 am—2:00 pm       | 25<br><br>Yoga—9:30 am<br>Thanksgiving<br>Festivities—<br>11:30 am                                       | 26<br><br>*Daily Activities*                                   | 27<br><b>CLOSED</b><br> | 28<br><b>CLOSED</b>                    | 29  |
| 30                                                                                                                             |                                                  |                                                                                                          |                                                                |                                                                                                              |                                        |     |