

**Perquimans County
Center for Active Living**

January 2026



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Website: www.pcactiveliving.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be sure to check the Daily Activities section of this month's newsletter for all regularly scheduled programs and events				1 CLOSED 	2 Indoor Cornhole— 1:00 pm	3
4	5 Sipping into Wellness—10:30 am	6 L.I.F.T.—8:30 am Yoga—9:30 am	7 EMS Vital —10:15am Handbells — 10:30 am	8 L.I.F.T.—8:30 am Acrylics—9:00 am Croquet—1:00 pm	9 *Daily Activities*	10
11	12 Arthritis & Joint Health—10:30 am	13 L.I.F.T.—8:30 am Shopping—9:00 am Yoga—9:30 am	14 *Daily Activities*	15 L.I.F.T.—8:30 am Craft w/ Penny— 9:00 am Sew Much Fun— 1:00 pm	16 Movie—1:00 pm	17
18	19 CLOSED 	20 L.I.F.T.—8:30 am Terri's Card Making - 9:00 am Yoga—9:30 am	21 Photography 101— 10:30 am	22 L.I.F.T.—8:30 am	23 Ping-Pong— 1:00 pm	24
25	26 Intro to Senior Games—10:30 am	27 L.I.F.T.—8:30 am Yoga—9:30 am	28 *Daily Activities*	29 L.I.F.T.—8:30 am	30 *Daily Activities*	31