

PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944

Hours of operation: Monday—Friday 8:00 AM—5:00 PM

(252) 426-5404



Ready...set....go..

UPCOMING ADVENTURES!

May 21—23, 2024—Lancaster, PA. See page 6, for our 3 Day/2 Night Package! Sign up today.

September 16-20, 2024. — UPDATE!—Ark Encounter & Louisville, KY. Dates have changed Traveling dates will be, **September 16-20, 2024.** (see page 7 for more information)

October 12 –19, 2024 - Journey to the Heart of Ireland Tour. (see page 8 for more information)

Statement of Purpose

The mission of the Perquimans County Center for Active Living is to seek to improve and enhance the quality of life of our older adult population and to promote their participation on all aspects of community life.



April schedule.....

BOCCE — April 1, at 10:30 am.

GOT TECH? - Telephone and iPad/Laptop assistance: Do you have questions regarding your cellular phones. Your laptop?. Or your iPad? Bobby will meet with you from **12:30 pm—2:00 pm on Monday, April 1, 2024**, to provide support and resolution. Registration is required. Limited 6.

COMMUNITY GARDEN— April 3, at 8:30 am. Join us every **Wednesday in April** for the Community Garden! Come enjoy our garden preparations, plan planting, caring for and of course the most important part, enjoy fellowship through the pleasures of gardening!

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, April 3, at 10:15 am.** Our local EMS team will be available to check your blood pressure and vital signs.

Activities: 8:30am – 4:30pm / Monday - Friday

Website: pcactiveliving.org

HANDBELLS — Performing Arts Handbells practice, all are welcome to join us as Ms. Peggy leads, **Wednesday, April 3, at 10:30 am.**

DIAMOND ART — **Wednesday, April 3, at 10:30 am— 3:00 pm.**

FRIENDSHIP ROCKS -- Stella Faye will lead us in Rock Painting, **April 4, from 9—11:00 am.** This opportunity is scheduled for the first Thursday of each month to paint Friendship Rocks with a friendly face, picture or inspirational message to keep for yourself or share in our community.

DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead in, Dance Your way to Fitness, **Friday, April 5, at 10:30 am.** Dance fitness involves balance, agility!

SHUFFLEBOARD — **April 8, at 10:30 am.**

HEARING TEST SCREENING — Jennifer Cabe, the division of hard of hearing will have hearing test screening, **April 8th, starting times... 10 –12 and 1 –2 pm,** sign up today!

SHOPPING - This month's Shopping trip will be, **Tuesday, April 9,** departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Thursday, April 5. We will travel to Outer Banks, NC.

ADVANCED CARE PLANNING — **April 10, at 10:30 am**

EXERCISE PERFORMING ARTS PRACTICE — **April 10, at 10:30 am.**

DIAMOND ART — **Wednesday, April 10, at 10:30 am— 3:00 pm.**

ACRYLICS FOR BEGINNERS — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, April 11.** Registration is limited to eight participants. Cost is \$5.00. Please register by Monday, April 8.

WATERCOLOR W/ TINA — **Thursday April 11, at 1:30 pm.** Tina will lead us in watercolor. Please register by Monday, April 8. **Class size limited to eight (8) participants.** Cost \$15.00

LOCAL HEALTH EDUCATOR (ARCH) — Gabriel Corpew, local health Educator will have a Heart Health presentation on **April 15, at 10:30 am.**

ALBEMARLE SENIOR GAMES — **Tuesday, April 16, Registration/Welcome 9:00 am,** Perquimans County Community Center. Fun walk, discus, shot put, football, softball & basket ball throw, standing long jump. This event is for all pre-registered, for this Senior Game Event.

HISTORY FOR LUNCH — **Wednesday, April 17, leaving center at 10:30 am.** Traveling to the Museum of the Albemarle for a presentation, Early Coastal North Carolina Quakers and Slavery. Quakers from Virginia and New England arrived in coastal North Carolina from the 1650s into the early 1700s. Surprisingly, many were enslavers who forced enslaved people to labor on Quaker farms in the colony. J. Timothy Allen, PhD, professor of humanities at Strayer University, will discuss the early North Carolina Quakers' attitudes toward slavery and how and why they progressed from slavery to manumission.

Performing Arts Practice — **April 17, at 10:30 am.**

DIAMOND ART — **Wednesday, April 17, at 10:30 am— 3:00 pm.**

SEW MUCH FUN! — Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, April 18, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by April 15. Sewing machines are needed; however, not required. Costs: \$4.00.

DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead in, Dance Your way to Fitness, **Friday, April 19, at 10:30 am.** Dance fitness involves balance, agility!

PHOTOGRAPHY 101 — Join photographer Pam Hadden as they take a field trip to Edenton and enjoy a lunch outing. **Friday, April 19, leaving the center at 10:30 am.** Please bring your camera, cellphone or device you will use. Please register by April 12.



WRITING W/ILENE - Ilene Hardison will lead in Creative Writing Moments, **Wednesday, April 22, at 10:30 am.** This informal opportunity will provide leadership in the components found in creative writing, which may include:(1) Connecting, or at least attempting to connect with the reader's emotions, (2) writing from a specific point of view, organizing the text around a narrative structure which shapes how the reader interacts with the content and using imaginative and or descriptive language. Please bring your favorite notebook, pencil and enjoy this great opportunity.

Bocce — **April 22 at 10:30 am.**

LUNCH & MOVIE— **April 23, time to be announced.** Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.

FIRST AID — Our local EMS Team will bring us updates and application of First Aid, **April 24, at 10:30 am.** First aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery until medical services arrive.

DIAMOND ART — **Wednesday, April 24, at 10:30 am— 3:00 pm.**

ACRYLICS WITH TINA FIELDER— **Thursday, April 25, at 1:30 pm.** Tina will lead us in Acrylics. Please register by April 19. Class size limited to eight (8) participants. Cost \$15.00 per person.

EXERCISE PERFORMING ARTS PRACTICE — **April 26, at 10:30 am.**

DEMENTIA FRIENDS NORTH CAROLINA — Ashley Lamb, Albemarle Area Agency on Ageing will present on , **April 29, at 10:30 am,** Dementia Friends of North Carolina. Join us to learn about a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

CHESS TOURNAMENT — **Tuesday, April 30, from 10:00 am to 3:00 pm.** If you are interested in participating in an Inaugural County Chess Tournament, please contact: Kelvin Austin, 252 698-2333. Participants from Chowan, Perquimans & Pasquotank Counties, will match wits in this fun-filled, competitive opportunity. Limited Space, Preregistration required.

COINJOCK MARINA — Traveling to enjoy lunch at Coinjock Marina on, **April, 30, leaving the center at 11:00 am.**

Choir Schedule



| | |
|---|---|
| Thursday, April 4 | Sing at 1:00 pm |
| Thursday, April 11, leaving the center at 12:00 Noon | Have lunch Wendy's, singing Edenton House at 1:30 pm |
| Thursday, April 18, meet at Story's Seafood for lunch, | Singing at Hertford Health Care/Brian Center 2:00 pm. |
| Thursday, April 21, leaving center at 5:30 pm | New Hope Church Singing at 6:00 pm. |
| April 25, leaving center at 12:00 Noon | Have lunch at Taco Bell, with singing at Heritage Care at 2:00 pm |

We also offer....

- ◆ Archery
- ◆ Bingo
- ◆ Chair Fusion
- ◆ Charter Bus Trips
- ◆ Choir
- ◆ Congregate Meals
- ◆ Educational Speakers
- ◆ Exercise Equipment
- ◆ Exercise Programs
- ◆ Gardening
- ◆ Hand Bells
- ◆ Health Screenings
- ◆ Indoor Games
- ◆ Line Dancing
- ◆ Meals on Wheels
- ◆ Monthly Day trips
- ◆ Monthly Shopping Trip
- ◆ Outdoor Games
- ◆ Paint/Crafts
- ◆ Puzzles
- ◆ Senior Games Participation
- ◆ Sewing
- ◆ TOPS
- ◆ Walk with Ease Programs

May....

OLD COLONY SMOKEHOUSE — Lunch outing at Old Colony Smokehouse, **May 2, leaving center at 11:00 am**, have lunch then enjoy ice-cream Dairy Queen.

May 6 - Terry Boyce—NC Local Habitat Education Trailer at 10:30 am.

May 7—Manzer’s Nursery & Nicholson House, leaving center at 11:00 am.

HEALTH FAIR — Health Fair, hosted by ECU Health Chowan Hospital and Perquimans County Center for Active Living, **May 9, from 9 am to 1 pm**, at the Perquimans Recreation Center.

May 13—Local Health Educator, Gabriel Corprew, Stroke Awareness at 10:30 am.

May 16— Craft w/Penny, Star Fish Wreath at 8:30 am.

May 21—Performing Arts 2:00 pm.

June....

YARD SALE: - **June 1, 2024; 8 am to 12 pm.** Rental spaces will be available , (Costs \$15.00 for space and \$20.00 W/Table set up). We Welcome donations and they will be accepted on the following dates: May 29, 30 & 31. **Please contact Penny, 426-5404** for more information and / or rental space.

Did You Know....

You Must be 50 years or older to join the fun at the Senior Center!

You must be 60 years or older to participate in congregate meal

Special Note:

Inter County Public Transportation

**provides services to all ages!
(Fees may apply) ICPTA services are intended to transport the public to nutrition sites, medical appointments, and other locations in order to access services or attend activities related to daily living, while promoting quality of life.**

ICPTA 252-338-4480

To receive transportation to our nutrition site, please call

***Jenny Coppersmith,
Nutrition Manager,***
to receive additional information.

(252-426-8309)

Lancaster, PA

May 21-23, 2024

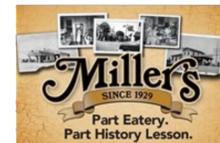
Your 3 Day/2 Night Package Includes:

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

2 Wonderful Dinners Including:

1 Dinner at Millers Smorgasbord - Real. Good. Food. Since 1929. Lancaster's Original Buffet & Restaurant uses fresh produce from their Amish neighbor's farm and cook everything from scratch.



Sight & Sound Theater Presents: The Brand-New Production of **DANIEL** – Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith? From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family.

Guided Tour of Amish Farmlands in Lancaster County - The tour takes you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon. Enjoy a visit to Kitchen Kettle Village / Standard Taxes, Meal Gratuities, Baggage Handling, Deluxe Motor Coach Transportation



For Information and/or Reservations, Please Contact:

LuRee Sawyer @ 252-426-5404

Trip Date: May 21 – May 23, 2024

Price: \$499.00 Per Person – Double Occupancy; \$599.00—Single Occupancy.
Registration still open.



Travel Protection: Travel Protection can be purchased at \$51.00/person – Double Occupancy / \$79.00 Single Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.** Group cancellation policy applies. See group leader for details.

Fuel and vendor surcharges may be assessed.



Ark Encounter & Louisville, KY— September 16-20, 2024 Your 5 Day / 4 Night Package Includes: Experience the Ark Encounter

Features a full-size Noah's Ark, built according to the dimensions given in the Bible.
Learn how Noah could have cared for the animals and how the Ark was big enough to fit them on board!
Dinner @ Emzara's kitchen at the Ark Encounter.

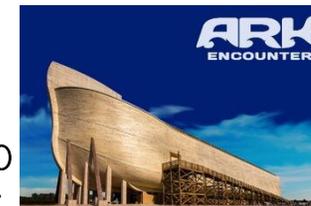
Visit The Kentucky Derby Museum & Churchill Downs- The Kentucky Derby Museum is one of the premier attractions in Louisville celebrating the tradition, history, hospitality and pride of the work-renowned event that is the Kentucky Derby.

Dinner Show at the Derby Dinner Playhouse—You'll enjoy a wonderful meal and fabulous Broadway-Style Musical Show at one of the oldest and largest continually operating professional dinner theaters in the country.

Admission to the Creation Museum at the 75,000 square-foot Creation Museum, the pages of the Bible come to life.
Standard Taxes, Baggage Handling & Meal Gratuities, Deluxe Motor Coach Transportation.

For Information and/or Reservations, contact: LuRee Sawyer, @ 252 426-5404.
Price: \$799.00 per person—Double Occupancy. Single Occupancy: \$1,059.00.
Travel protection \$92.00 (double occupancy) and \$119.00 (single) per person.

Reservations and Deposit welcome at this time.
First Deposit amount \$250.00 (or more is accepted) due by May 16, 2024. Final payment of \$549.00 each if two in a room or \$809.00 if single occupancy *due by July 16, 2024*. One piece of luggage per patron w/an additional carry-on to be stored in the overhead compartment.





JOURNEY TO THE HEART OF IRELAND TOUR

October 12—19, 2024 Join Us For An Unforgettable Adventure..... Tour includes: 8 Days / 6 Nights;

- ◇ Round Trip Airfare, Motor Coach Transportation To and From Airport; Transport by Luxury Coach in Ireland
- ◇ 6 Nights Hotel Accommodations Include: 2 Nights Stay in an Authentic 18th Century Castle;
- ◇ Full Breakfast every morning; 4 Dinners Including a Farewell Dinner and: A special Dinner with Traditional Irish Entertainment.
- ◇ Panoramic Sightseeing Tour of Galway City,
- ◇ Scenic Tour Connemara;
- ◇ Stop at Kylemore Abbey for Photo Opportunity;
- ◇ Visit the Connemara Marble Factory and the Celtic Crystal Factory;
- ◇ Travel to the Majestic Cliffs of Moher;
- ◇ Scenic tour of Dingle Peninsula;
- ◇ Explore the Blarney Woollen Mills;
- ◇ Visit to Blarney Castle where you can kiss the famed “Blarney Stone”;
- ◇ Explore and Enjoy the Singing Pubs of Killarney;
- ◇ Travel by Tipperary and Cashel;
- ◇ Stop at the Historic Rock of Cashel for a Photo-Op;
- ◇ Sightseeing in Dublin;
- ◇ Visit the Guinness Storehouse, enjoy Panoramic views of Dublin from the Gravity Bar;
- ◇ Admission to Book of Kells at Trinity College;



All local taxes, hotel service charges & portorage for one suitcase per person. PML Tours Escort for the duration of the trip. Price: \$3699.00 Per Person—double Occupancy* Single Occupancy \$4299.00.

For Information & Reservations—Call LuRee Sawyer, @ 426-5404. Payment Schedule: \$1,250.00 per person deposit and registration is still being accepted. Final payment is due by **June 6, 2024. Travel Protection should be purchased at the time of initial deposit. Cancellation Penalty begins immediately upon receipt of your deposit: \$100.00 per person penalty upon deposit. February 1, 2024 \$1,250 per person penalty; June 14, 2024 100% penalty per person. *Itinerary and Air Reservations Subject to changes. ***Passports required. Passports must be valid for six months after the trip’s end date.****

Regularly Scheduled Activities

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— Bridge
1:00 pm Mah-Jongg

TUESDAY

10:00 am Line Dancing
11:30 am—Nutrition
12 Noon -Afternoon Games
12 Noon—Chess

Wednesday

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
12:45 pm - 2:45 pm BINGO

***Bring a snack about once a month to share with fellow players.**

AFTERNOON GAMES - Games are on the calendar scheduled for afternoons. You may play at other times if you have a group to play and there is space available.

BINGO - Bingo is played each **Wednesday from 12:45 pm until 2:45 pm** with at least four players. No charge to play. Small prizes awarded. **Bring a snack about once a month to share with fellow players.** We have a snack break at 2 pm for 15 minutes.

BIRTHDAY CELEBRATION – Birthdays will be celebrated on the **1st Wednesday of each month**, right after lunch is served! Please let us know if you celebrate your birthday this month.

BOWLING - Seniors bowl on Tuesdays starting at 1 pm at Albemarle Bowling Lanes in Elizabeth City. Cost is \$2.50 per game.

BRIDGE – We are playing Bridge on **Mondays, at 12:00 Noon**. This is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Please join the opportunity to play Bridge.

CANASTA – Table games are played **each afternoon** and Canasta is a favorite. Please come join us. We welcome you and are glad to share how to play this game. **Bring a snack about once a month to share with fellow players.**

CHAIR FUSION CLASS— This class contains elements of Ballet Barre, Pilates, and strength. Many of the exercises you do in your daily activities. Using a chair will assist in balance and body support. This class will help you to gain flexibility, muscle, strength, and better awareness of how your body moves. Amy Tinsley, will lead this class, Thursdays at 10:30 am.

Thursday

9:00 am TOPS
10:30 am Chair Fusion
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

CHESS— We are playing Chess on **Monday, Tuesday and Wednesdays, at Noon.** Chess is a game played between two opponents on opposite sides of a board containing 64 squares of alternating colors. Each player has 16 pieces: 1 king, 1 queen, 2 rooks, 2 bishops, 2 knights, and 8 pawns. The goal of the game is to checkmate the other king. Come and enjoy this very challenging game!

DANCE YOUR WAY TO FITNESS— Join Reta, Shirley & Mamie as they lead this class in fitness! Dance your way to fitness involves, balance, agility, coordination and skill. Fridays, April 5th and 19th, at 10:30 am.

FITNESS ROOM - The Fitness room is open 8:30 am until 4:30 pm, Monday - Friday. You need registration and waiver on file in order to use the equipment.

GAME ROOM - We have 2 billiards tables, Table Tennis tables, foosball table as well as darts available in this room. Open **Monday - Friday, 8:30 am-4:30 pm.**

LINE DANCING - Come join us for Line Dancing, each **Tuesday morning at 10:00** am and/or the **Thursday evening** class which meets at **6 pm.** Mike and Lorraine are leaders for both classes. Thank you, Mike and Lorraine.

MAH-JONGG - Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We need more players. Terri Valentine and Marie Pope volunteer to teach this game while we play, **Mondays at 1:00 pm.** Come and join us in the fun!

MASTER GARDENERS — Seeds are planted and gardeners will meet, **Wednesday, March 6 at 12:30 pm. March 13, at 12:30 pm.** (we have tomatoes, cucumbers, yellow squash, herbs, flowers and Zucchini! Come out and enjoy great fellowship, we looking forward to see you!

OUTDOOR GAMES - Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting. Volunteers updated our outside game area, and we are enjoying these games!

PICKLEBALL - This game is played at the Rec Center **Monday, Tuesday and Thursday** mornings starting at 9:30 a.m. You may call 426-5695 to be sure there are others there to play.

ROOK, PHASE 10, RUMMIKUB, TUCK & CANASTA - All these games are available here to play or bring your own.

TRAIN DOMINOES - Each **Monday, Wednesday and Friday,** we gather to play Train Dominoes **at noon.** Come and play or come to learn and play.



COMPUTER STATIONS - We have four computers for you to use.

Please no food or drink in this area. Open **Monday - Friday, 8:30 am until 4:30 pm.**

CONGREGATE MEALS - Meals are served daily **Monday through Friday @ 11:30 am. *Meals must be pre-ordered by noon each day for the following meal.**

All Perquimans County members 60 years of age and better are invited to join us for dine-in nutrition. If you have not yet attended and would like to join in this wonderful meal and great fellowship, please see Jenny Coppersmith to complete your application. Office hours: **9 am-1pm 426-8309. Donations are needed and accepted!**

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday** starting at **9:30 am. You must have a wavier and registration form on file in order to participate.**

ORGANIZATIONS

FAMILY CAREGIVER SUPPORT GROUP -

This support group is for those caring for a loved one with Alzheimer's disease or another form of dementia and meets on the 2nd Monday of the month in the Sunday School Building of the Hertford United Methodist Church starting at 1pm. **You are not alone.** For more information, call Ashley Lamb at 404-7090.

SENIOR FOOD BOX -

CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens aged 60 and better with household income with financial qualifications.

You may contact a CSFP representative for information by calling 252-337-4755. This month the Senior Food Box Distribution Date is **Friday April 12, 2024 at 10:00 am** and located at our Local County Community Center (Recreation Center) and monthly until further notice. Application and approval are required.

TOPS (Take Off Pounds Sensibly)

TOPS is a weight loss group and meets each Thursday with weigh in beginning at 9:00am and the program starting at 10:00 am.

New members are welcome.



Meals on Wheels Volunteers needed!

Are you looking for a fun, easy and rewarding way to serve others?

Home Delivered Meals Volunteers are the **ONLY** reason we are able to serve our Perquimans County home bound seniors with meals throughout the week.

Volunteers play a key role in providing seniors, not only with a meal, but offer much needed socialization and *smiles!*

There is flexible scheduling to meet our volunteers' needs.

Perquimans Senior Center

252 426-8309

Jenny Coppersmith, Nutrition Manager

Our goals are for everyone to have great fellowship, feel welcomed, to participate and enjoy fitness opportunities and fun here at the Center!

- Staff