

PERQUIMANS COUNTY SENIOR CENTER

1072 Harvey Point Road - P.O. Box 615 - Hertford, NC 27944

Operating Hours: 8am - 5 pm Monday - Friday

Phone: 426-5404, e-mail: seniorcenteroffice@perquimanscountync.gov

Website - pcseniors.org

Staff: Beverly Gregory, Penny Trueblood, Bert Gordon, Nellie Sawyer

July, 2019

Regularly Scheduled Activities

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.

BILIARDS - A Billiards Tournament is open for registration and scheduled for **Tuesday, July 16th, 2019** beginning at 9:30am. Entry fee is \$2.00. Participants are eligible to win once in four months. * All other days the game room is open 8am to 5pm. Please register for participation by Friday, July 12th. * **Monday, July 8th and Monday July 15th** to Game Room will be closed for Basic Billiards Class from 1-3pm.

BINGO- Bingo is played each Wednesday from 2pm until 4pm with at least 6 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 3pm for 15 minutes.

BIRTHDAY CELEBRATION - July birthdays will be celebrated on Wednesday, July 3rd, right after lunch about 12:15pm. Please let us know if you are a July birthday person. We celebrate with cake and ice cream.

BOWLING - The seniors bowl on Tuesdays starting at 1pm at Albemarle Bowling Lanes in E.City . Cost is \$2 per game.

CHOIR - July 11th the choir will depart at 12:15pm for lunch at Dairy Queen and singing with Primetime at 2pm; July 18th, the choir will meet at 12:45pm for lunch at Story's Seafood and singing with Brian Center at 2pm; July 25th the Choir will depart at 12:15 pm for lunch at Bo Jangles and singing with Brookdale/Carolina House at 2pm. Thank you choir members!! Members are welcome.

COMPUTER STATIONS- We have 4 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: Congregate Meals are served Monday through Friday at 11:45am. You must sign up for your lunch by noon the day preceding the date you attend. All Perquimans County members 60 years of age and older, are invited to join us for nutrition at 11:45am. If you have not yet attended and would like to join in this wonderful meal and great fellowship, please see Nellie Sawyer to complete your application. Nutrition office hours are 9am-1pm 426-8309.

EXERCISE CLASS- This low impact exercise class is scheduled for Monday, Wednesday and Friday starting at 10am. You must have a wavier and registration form on file in order to participate.

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

GAME ROOM - We have 2 billiards tables, Table Tennis tables, as well as, Darts available in this room. Open Monday - Friday, 8am-5pm.

LINE DANCING- A Beginners Line Dancing Class is held at 8:15 each Wed morning (except Wednesday, July 3rd) and is followed with morning line dancing class at 8:45 am with Paula (July 3rd we will not have line dancing.) The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell. Donations accepted. Line Dancing at 6pm will resume Thursday, July 11th.

OUTDOOR GAMES: Shuffleboard, Bocce, Croquet, Horseshoe, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitted.

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

ROOK: Let's play Rook. The first Monday of each month! We need at least four to play at each table and two tables makes it even better!

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

T'AI CHI CLASSES- Harriet Marquit is the instructor for the T'AI CHI class on Tuesday afternoons, July 2nd, 16th, 23rd and 30th starting at 3pm. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us.

VAN TRIP - This month's van trip will be on **Tuesday, July 16th**. We are going Thrift Store Shopping! departing at 9am and returning around 4pm. \$3.00 per person. Please sign up by Thursday, July 11th. In August we will travel to Lynnhaven Mall in Virginia Beach on Tuesday, August 6th. Reservations begin August 1st.

YARN CORNER- Each Tuesday we gather to knit and crochet starting at 1pm. We share ideas and projects. We show and tell.

YOGA CLASSES - Harriet Marquit will lead Yoga, Friday, July 5th and Friday, July 19th. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, July 3rd, 16th and 23rd! at 2pm. \$5.00 Session Fee. Ms. Elliott will lead this aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music for a minimum class of eight to ten members.

ORGANIZATIONS

ALZHEIMER'S/DEMENTIA SUPPORT GROUP- This support group meets on the 2nd Monday of the month in the library of the Hertford United Methodist Church starting at 1pm. For more information call Lynne Raisor at 426-5753, ext 226.

Home Meds Medication Management: Home Meds is a medication review program that is conducted in the client's home. It looks for common medication errors in older adults. If you can benefit from this program please call NCBAM's Call Center (877-506-2226) for more information or to schedule a free screening and medication review or contact Albemarle Commission Area Agency on Aging for any other questions. 252-426-5753.

STROKE SURVIVOR SUPPORT GROUP: Vidant Chowan Hospital hosts a stroke support group the third Tuesday of each month at 3:00pm in the Chowan Ag Building/Co-op Extension. This opportunity is available to stroke survivors and caregivers. Please join them for inspiration and fellowship. No Need to RSVP; however if you have questions please contact Jacki or Jordan with phone number 482-6767.

TOPS(Take Off Pounds Sensibly) -TOPS is a weight loss group and meets each Thursday with weigh in at 9:30 and the program starting at 10am. New members are welcome.

RED CROSS BLOOD DRIVE: *Thursday, August 8, 2019 from 2-6pm. Perquimans County Recreation Center.*

SPECIAL ACTIVITIES

MORRIS FARMS, GRANDY MARKET AND BELCROSS! *Tuesday, July 2nd, leaving the Center at 8:30am. \$2.* Please make your reservation prior to July 2nd!

BLOOD PRESSURE AND VITAL SIGNS: *Wednesday, July 3rd from 10:30am until noon.* Members of our very own Perquimans County Emergency Services will be available to check your blood pressure and vital signs.

STARTS AND STRIPES DAY!: *Wednesday, July 3rd 12:30pm* Come celebrate Independence Day with us for hotdogs, desserts and afternoon games. Weather permitting we can go outside! Bring your favorite dessert to share!

BASIC BILLIARDS WITH BOBBY: *Mondays, July 8 and 15 from 1-3pm.* Come and learn billiard sports, played with a cue stick used to strike billiard balls and thereby cause them to move around a cloth-covered billiards table bounded by elastic bumpers known as cushions. Please register by July 5th and July 12th. The Game Room will be closed for these lessons. Couples and singles are invited and class size is limited to eight (8).

BOCCIE: *Tuesday, July 9th 10-11:30am.* Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world and one of the oldest yard or law games. Come and learn, play, or just to have great fellowship.

CROQUET: *Friday, July 12th 10-11:30am.* Croquet (croquet) is a sport that involves hitting wooden or plastic balls with a mallet through hoops embedded in a grass playing court. Join in the fun and fellowship.

THRIFT STORE SHOPPING: *Tuesday, July 16th, departing at 9:00am.* Let's find some treasures in our local thrift stores. Please register by July 12th.

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! *Thursday, July 18, 2019 9am.* This is an opportunity to paint Friendship Rocks with a friendly face or inspirational message to keep for yourself or share in our community. Please register by Monday, July 12th.

NIGHT OUT: *Thursday, July 18th - leaving the Center at 4:30pm* and traveling to the Big Daddy's Pizza Restaurant in Elizabeth City for dinner. Please make your reservation with us by Monday, July 15th.

LIVING HEALTHY: Living Healthy is a fun interactive workshop that can help you manage pain and fatigue, lessen depression and frustration, increase fitness & self confidence, choose foods for health and more. Nothing beats a chronic health condition like self-management. Attend a free 2&1/2 hour session once a week for six weeks. You will receive a workbook and relaxation CD. Remaining: *Thursdays, July 11, 18 & 25th. 9am-11:30pm.*

SHOW & TELL: *Friday, July 19th at 11am.* Come share with us your special memory, special keepsake or other journey down memory lane. We will offer this to two people that register for up to 15 minutes for their "moments." We will continue this opportunity as shown by participation. Registration by July 17th.

SATURDAY NIGHT SOCIAL: *Saturday, July 20th from 6-9pm.* Bring a covered dish and join us for dinner, fellowship and indoor games.

MEDICARE 101: Save the date! Monday, **July 22nd 1-3pm**. Individuals that are nearing their Happy 65th Birthday can learn more about the do's and don'ts of navigating the confusing world of Medicare Benefits and choosing the right health care option. All others are welcome to hear the ever changing news with Medicare. Registration is requested.

ARCHERY: Basic Archery will be offered **Thursday, July 25th at 2pm**. Let's go back outside and continue with this great opportunity. Registration by Thursday, July 18th. \$2.00 each Participant.

MOVIE & LUNCH: **Tuesday, July 30th** we will travel to Virginia for a movie followed by lunch. Register by July 25th. Departure time depends upon movie start time. 8:00 or 8:30am.

HISTORY WITH PHIL: **Wednesday, July 31st, 11am**. Come and learn exciting History, Part Three with Philip McMullan.

BASIC BILLIARDS WITH BOBBY: **Mondays, August 5th and 12th from 1-3pm**. We began learning basic Billiards in July and have these two more weeks calendared to learn! Come join us. Register by August 3rd and August 9th. Class size limit to eight. These dates the Game Room will be closed for this opportunity from one to three.

FISHING: **Tuesday, August 13th. 8am-11:30am**. We hope to go fishing with rods and bait provided. Save the date and more information will be available in our August newsletter or inquire at the Center.

HEARING SCREENINGS and PRESENTATION: **Wednesday, August 21st, 11:00am**. Christina Strickland will provide information regarding hearing from the NC Division of Services for the Deaf and Hard of Hearing at 11:00am. Ms. Desiree Beason will provide hearing screenings from 11:30am through 12:30pm or a little longer if needed. Register by August 16th for this exciting opportunity if you planned to participate in the screening. Limited to six per hour.

DOODLES & DOTS: **Tuesday, August 27th 10am**. Robin Copeland with Doodles and Dots will lead in acrylic painting. \$10.00 cost to cover supplies. Register by Tuesday, August 20th.

UPCOMING ADVENTURES!

SIMPLY NATURAL CREAMERY: Tuesday, September 24th! Leaving the Center at 9am to enjoy an exciting and educational tour of the Creamery which includes, Hay Ride, Tour of Milking Barn and Cow Lounging Barn, Milk Processing and Packaging Room, Milk a stimulated Milking Cow! and sample ice cream. Tour begins at 1pm and extends one and one-half hour. \$10.00 per person for travel and entry. We will have lunch at the Mayflower Restaurant at 11am prior to arriving at the Creamery. Make your reservation by September 13th.

STATE FAIR: We will travel with 12 interested members to the State Fair, October 22nd. Registration is open and additional event information will be available by mid-July at the Center and in our August newsletter.

HISTORIC CHARLESTON AND THE HOLIDAY FESTIVAL OF LIGHTS: **November 18-20, 2019**, Join us for three days and two evenings as we travel to Historic Charleston, enjoy a Dinner at the Charleston Crab House on Beautiful James Island, Dinner Cruise with Entertainment aboard the Spirit of Carolina, see a spectacular holiday light show in the country with an enchanting 3-mile driving tour; marshmallow roasts, gingerbread houses; see where the Civil War began, and experience Charleston's Historic City Market. \$399.00 per person with double occupancy. **Deposit \$100.00 by August 2nd. Final Payment Due by October 4th \$299.00.**



Special Note:

Transportation: Inter County Public Transportation provides services to all ages! (fees may apply) ICPTA services are intended to transport the general 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 for our nutrition site, please call **Ms. Nellie Sawyer, Nutrition Manager**, to receive additional information. 252-426-8309