

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

December, 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.

BILLIARDS - A Billiards Tournament is open for registration and scheduled for ***Tuesday, December 10, 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 with the exception of Monday, December 16th from 1 to 3pm when a Basic Billiards class is being held. Please register for participation by Friday, December 6th for the pool tournament and by Thursday, December 12th for the Basic Billiards Class. Sixteen Participants per tournament. ***Six or more participants must be registered by December 6th or the Tournament will be rescheduled.***

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

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

CHOIR - December 5th the choir will have practice at 1pm at the Center. December 12th, the Choir will leave at 12:15pm, lunch with Chick-fil-a and sing with Waterbrook at 2pm. December 19th, The choir departs at 12:30pm, Lunch is with Chicken Kitchen, with singing at Primetime at 2pm. ***Thank you choir members! New Members are welcome.***

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 Monday through Friday@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 better are invited to join us for nutrition. 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. Office hours: 9am-1pm ***426-8309***. Donations are needed and accepted!

EXERCISE CLASS- This low impact exercise class is scheduled for Monday, Wednesday and Friday starting at 10am. You must have a waiver 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 Wednesday morning and is followed with a morning line dancing class at 8:45 am, both classes are led by Paula. Thank you Paula! The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell. Donations accepted.

If you are interested in coming to the Beginning Line Dancing Class – we will offer new dances for the very first beginners! Please let Beverly know if you would like to join us!**

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 with class beginning at 3pm. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us. We will be closed on Tuesday, December 24th in celebration of Christmas.

VAN TRIP - This month's van trip will be on **Tuesday, December 10th**. We will travel to Greenbrier Mall for shopping, departing at 9am and returning around 4pm. \$3.00 per person .Please make your reservation by Friday, December 6th .

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, December 6th and Friday, November 20th at 3pm. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, December 3rd and December 17th 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 404-7090.

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.

SANTA FOR SENIORS: Please bring any unopened and unused following items: lotion, toilet paper, paper towels, tissues, hand soap, candy and Lap Blankets to our center and these items will be delivered by our local Agency on Aging to our Home-Delivered Meal Clients. You may also "adopt" a home bound senior. Call 404-7088 and talk with Ashley for more details on how to care for a senior without family or friends in the area during Christmas. Donations are accepted through December 2nd.

SCAM AWARENESS OFFERED: Hosted at the Perquimans County Library, 514 S Church Street, Hertford. Tuesday, December 17, 2019 at 2pm ***Protect Yourself from Grandkid Scams***. For More Information, please call Michele Lawrence 252-426-5319.

SENIORS NOW: This program is designed for an individual with mild to moderate cognitive and or/physical impairments. Each activity is chosen with careful consideration of a person's needs, abilities, interest, preferences and history. Please Call Cindy Thomas, Program Director 252-506-6458 for more information. You may know someone who might benefit by this program.

STROKE SURVIVOR SUPPORT GROUP: Vidant Chowan Hospital hosts a stroke support group the third Tuesday of each month at 2:30pm in the Chowan Senior Center, 04 E Church Street, Edenton, NC. 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.

SPECIAL ACTIVITIES

THE TRAIN HOUSE: **Tuesday, December 3rd, leaving at 9:30am we will travel to the Train House** "...What lies inside this simple dwelling is anything but plain and beyond any wordsmith's just description. It's where imagination and nostalgia collide every December, when faces of young and old distort, but never tire, from wide-eyed amazement and ear-to-ear grins. Between toys of yesteryear and the timelessness of imagination, visitors of all ages partake in the annual pilgrimage Over the last 24 years Richard and wife Peggy have assembled and amassed an array of electric trains, models, toys, figurines, and mechanized scenery that collectively create The Train House. Some are handmade, others store-bought. Despite the cumbersome collection, trains remain the dominate theme. "People associate Christmas with trains," Seventeen locomotives bend along assorted tracks through a series of make-believe communities and miniature settings, depicting a wonderland of life at play and work. But, that hardly tells it..." Registration was in November. If you are interested, check to see if there is still availability for participation.

BLOOD PRESSURE AND VITAL SIGNS: **Wednesday, December 4th from 9:30am until 11:15am**. Members of our very own Perquimans County Emergency Services will be available to check your blood pressure and vital signs.

SELF-DEFENSE: **Wednesday, December 4th, 11am**, Paula Saje will lead this demonstration of strategical awareness and self-defense. Please register by November 26th.

HEALTH EDUCATOR: Jamie Williams, local health educator, will present the importance of exercise in our daily lives. **Monday, December 9th, 11am**.

SAVA SENIOR CARE: *Wednesday, December 11th, 11am*, we welcome Sava Senior Care Staff to lead us in essential oils and aromatherapy.

NIGHT OUT: *Wednesday, December 11th* we will leave the Center at 5:00pm and travel to The Crawfish Shack for dinner and fellowship. Please make your reservation with us by Friday, December 6th.

SENIOR FOOD BOX: CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens age 60 and better with household income with financial qualifications. Please contact Dawn Blow, your CSFP Contact with questions regarding eligibility: 252-312-6213 or come to the Center for additional information. This month the Senior Food Box Distribution Date is *Friday, December 13th, 2019 at 10am* and located at our Local County Community Center (Recreation Center.) Application and approval is required.

DOODLES AND DOTS: Ms. Robin Copeland will return as requested! *Friday, December 13th at 1pm* with an acrylic painting of a winter scene. \$10.00 will cover the cost of the canvas. Registration is required by December 9th.

CHRISTMAS CRAFT WITH PAT: *Monday, December 16th at 1pm* – Ms. Pat will lead us in a tabletop candle wreath. Class Size Limit 12. Please register by December 12th.

BASIC POOL BILLIARDS WITH BOBBY: *Monday, December 16th 1pm to 3pm*. Come and learn Pool Billiards! Members, both singles and couples are invited. Class size limit is eight(8). Please register by December 12th.

DEMMENTIA FRIENDS: *Previously scheduled for Tuesday, December 17th 10am has been rescheduled for Monday, January 27th at 1pm*. Our Area Agency on Aging will present this one-hour informational session to learn more of this worldwide movement about living with dementia, and the simple things you can do to support someone living with this disease. This is not training, this is where you learn what it is like to live with dementia and tips for communicating with people who have dementia. Please RSVP by January 21st. *Would you possibly be interested in leading a DEMMENTIA FRIENDS TASK FORCE or serving on the Task Force?* Please let us know and we will work with the Agency on Aging to establish a time to work towards forming a Dementia Friendly Community.

LANDINGS OF ALBEMARLE: Ms. Robin Waller, with the Landings of Albemarle will join us *11am, Wednesday, December 18th* to present this new opportunity for assisted and independent living within our community.

CELEBRATING CHRISTMAS: Please join us, Wednesday, December 18th, 12:30pm. We will host engaging activities for all, door prizes, great fellowship and yes, special desserts! You are welcome to bring a favorite dessert to share!

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! *Thursday, December 19th, 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, December 16th.

SHOW AND TELL: *Friday, December 20th 11am* Come and share with us your special memory, special keepsake or other journey down memory lane. We offer this opportunity to the first two members to register! Registration by December 16th please.

POT LUCK LUNCH: *Monday, December 23rd*, you are welcome to join us at 12 noon for a covered dish lunch and fellowship! Bring your favorite dish to share! We look forward to seeing you!

LUNCH AND A MOVIE: *Friday, December 27th*, we will host a covered dish lunch at 12 noon followed by movie. Bring a dish to share and join us for great food and fellowship.

I-PHONE CLASS: Beginning Thursday, January 30th and meeting every Thursday for five weeks from January 30th through February 27th, 2-3:30pm, Mary Ellen Hill will provide a call entitled "I-Phone Basics." This class is for anyone, beginner to intermediate, interested in learning how to fully use and enjoy the iPhone or Ipad. Registration is \$75.00 for five (5) classes. Class size is limited to six. Please register by January 23rd.

CONCEALED CARRY CLASS: This class has been requested by many members and will be offered *Saturday, February 22, 2020*. Fee is \$75.00. A minimum of seven (7) registered and paid Center Member participants prior to February 12, 2020 is required. A concealed carry class is a firearms safety or training course that many states require you to take in order to obtain a CCW license. The course will teach you basic safety techniques, laws to use it as self-defense and the defense of others, proper firing techniques, fundamental of guns, how to use your weapon, way to carry your weapon, cleaning and care for your weapon, marksmanship fundamentals and laws of where you can and cannot carry a weapon.

CONGRATULATIONS!

CONGRATULATIONS TO State Senior Games Medalist Recipients:

Angela Burket, Decorative Painting and Nora Crouch, Pastels/Watercolors (Perquimans). Twenty individuals from our Albemarle Senior Games were recipients of medals during our State Competition.

The North Carolina Senior Games is a year-round health promotion and education Promotion program that serves adults 50 years of age or better by providing exercise for the body and mind! It is the largest Senior Games Organization in the United States with over 65,000 participants. The Albemarle Senior Games and SilverArts are sanctioned by the NC Senior Games and serve the largest geographic area in the State representing senior athletes and artists from Camden, Chowan, Currituck, Gates, Hyde, Pasquotank, Perquimans, Tyrrell and Washington Counties. Our local games will be held in March, April and May. Registration Begins in Mid-December and generally runs through February 15.

Please check with us Mid-December for applications!

SCAM ALERT

Genetic Testing Fraud: Both the US Department of Health and Human Services Office of Inspector General and SMP (Senior Medicare Patrol) are alerting the public about a fraud scheme involving genetic testing. Be suspicious of anyone who offers you free genetic testing and requests your Medicare number. If anyone other than your physician's office requests your Medicare information, do not provide it. If you suspect Medicare Fraud, contact the HHSOIG Hotline or your local SMP Program 1-877-808-2468. More information is available at the Center.

UPCOMING ADVENTURES!

A CAROLINA CHRISTMAS: Tuesday, December 17, 2019, we will depart at 10am and travel to Rocky Hock for the production of "A Carolina Christmas." \$32.95 includes lunch, entertainment, tip and tax. Please make your reservation asap. Seating sells out quickly and reservations are not secure with payment submitted.

NORTH CAROLINA AQUARIUM ON ROANOAKE ISLAND: Tuesday, January 21st, and leaving at 8:15am we will travel to the North Carolina Aquarium on Roanoke Island. Tickets for age 62 and better are \$11.95. After our tour and visit, we will enjoy lunch locally before returning to the Center. The **NC Aquarium on Roanoke Island** is one of three **NC Aquariums** established to promote an awareness, understanding, appreciation and conservation of the diverse natural and cultural resources of **North Carolina's ocean**, estuaries, rivers, streams and other **aquatic** environments.

THE ONLEY PLACE – VALENTINE'S DINNER THEATER: Friday, February 14th – leaving the Center at 5pm! Dinner from Topside at 6pm and Entertainment with Out'n the Cold begins at 7pm. \$25.00 per person. We only have 30 tickets held. (28 Tickets are spoken for!) Please register and reserve your ticket by January 29th.

FOOTLOOSE: Save the Date! Join us for this performance at the Performing Arts Center in Elizabeth City, **Thursday, February 27** 2020. We will leave the Center at 9am. Tickets \$18.50. We will stop for lunch on our return to the Center. Registration is open and is required by the 11th of February, 2020.

SPRING IN SAVANNAH, GA & THE GOLDEN ISLES: April 21-23, 2020, Your 3Day/2Night Fabulous Trip Awaits you and includes 2 Wonderful Dinners, One will be at the Pirates House, Guided Tour of Historic Savannah, Performance at the Savannah Historic Theater for a live musical show, Guided Tram Tour of Jekyll Island, Tour of St. Simons Island and Visit to Famous River Street, \$399.00 per person with double occupancy. **Deposit \$100.00 by January 10, 2020** and Final Payment of \$299.00 is due by March 3, 2020.

THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER WILL BE CLOSED, TUESDAY, DECEMBER 24TH, WEDNESDAY, DECEMBER 25TH AND THURSDAY, DECEMBER 26TH, IN CELEBRATION OF CHRISTMAS AND WEDNESDAY, JANUARY 1, 2020 IN CELEBRATION OF THE NEW YEAR. MERRY CHRISTMAS AND OUR BEST WISHES FOR YOU TO HAVE A HAPPY NEW YEAR. THANK YOU FOR YOUR SUPPORT!

THE PERQUIMANS COUNTY NUTRITION SITE WILL BE CLOSED THE WEEK OF MONDAY, DECEMBER 23RD THROUGH FRIDAY, DECEMBER 27TH IN CELEBRATION OF CHRISTMAS AND ON WEDNESDAY, JANUARY 1, 2020 IN CELEBRATION OF THE NEW YEAR!