

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

January, 2020

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, January 14th, 2020** 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, January 10th for the pool tournament. Sixteen Participants per tournament. ***Eight or more participants must be registered by January 14th 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 - January birthdays will be celebrated on Wednesday, January 8th, right after lunch about 12:15pm. Please let us know if you are a January 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 - January 2nd the choir will have practice at 1pm at the Center. January 9th, the Choir will leave at 12:15 pm, lunch at Bojangles and sing with Daybreak at 2pm. January 16th, the choir departs at 12:30pm, Lunch is with Dairy Queen, with singing at Edenton House at 2pm. January 23rd the choir will leave at 12:30pm, lunch with Wendy's with singing at Chowan River at 2pm. January 30th the choir will leave at 12:15pm, lunch at Taco Bell, and sing with Heritage Care 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 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 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.

VAN TRIP - This month's van trip will be on **Tuesday, January 14th**. We will travel to the New River Pottery in Winterville, departing at 8:15am and returning by 4:30pm. \$3.00 per person .Please make your reservation by Friday, January 10th.

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, Fridays, January 3rd, January 17th and January 31st at 3pm. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, January 7th and January 21st 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: Thank you to each person that provided a gift during this opportunity!

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.

***The Senior Center has the book "Meet Me Where I Am" author, Mary Ann Drummond, and is an Alzheimer's Care Guide. This book is available to be "Checked Out" for a month. If you, or someone you knows, would like to have the opportunity to read this book, please give the Center a call and asked for Beverly or Penny.

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

RING IN THE NEW YEAR WITH MS. PEGGY! *Friday, January 3, 2020, 11am, please join us as we play hand bells to "ring" in the New Year!*

IMPORTANCE OF SLEEP: *Monday, January 6th, 11am.* Local Health Educator, Jamie Williams, will share with us the importance of sleep in our daily lives.

BLOOD PRESSURE AND VITAL SIGNS: *Wednesday, January 8th 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.

PROTECT YOURSELF FROM GRANDKID SCAMS: *Monday, January 13th, 11am* Michelle Lawrence will provide information regarding this recent and ongoing scam.

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! *Thursday, January 16th 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, January 13th.

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, January 17, 2020 at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is required

SHOW AND TELL: *Friday, January 17th 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 Monday, January 13th please.

SATURDAY NIGHT SOCIAL: You are invited to join us, Saturday night, January 18th from 6-9pm. We welcome you to bring a covered dish and join us for dinner at 6pm, fellowship, game room, and table top games.

SENIOR GAMES: 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! Ashley Lamb with our Albemarle Area on Aging will come on **Wednesday, January 22nd at 11:00** am to provide applications, opportunity and information for the 2020 Senior Games!

NIGHT OUT: **Thursday, January 23, 2020** we will leave the Center at 5:00pm and travel to The Villa Restaurant for dinner and fellowship. Please make your reservation with us by **Friday, January 17th**.

TRAIN DOMINOES: **Friday, January 24th at 1pm, please join us In a great game of Train Dominoes.**

DEMENTIA FRIENDS: **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 DEMENTIA 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.

HISTORY WITH PHIL: **Wednesday, January 29th, 11am,** Phil McMullan will take us on a journey in History.

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 class 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.

SUPER BOWL SUNDAY: **Sunday, February 2nd, 2020, 5pm.** Come and join in for our Super Bowl Sunday event, we will provide chili, bring a covered dish to share and we will gather to watch the game on the big screen, play games and enjoy great fellowship.

NATIONAL WEAR RED DAY: **Friday, February 7, 2020,** is National Wear Red Day. This day is set aside in February and many people wear red to show their support for the awareness of heart disease. We invite you to wear red with us this day!

AARP DRIVER SAFETY CLASS: **Tuesday, February 18th 8:30am.** AARP will offer a four hour Driver Safety Course. Members \$15 and Non-members \$20.00. This class has a size limit of eight. Please register by February 13th.

CARD PARTY: Bring your team! We are excited to host our Annual Card Party! Lunch, cards, fellowship and door prizes await you, **Friday, February 21st**. Lunch will be served from 12 noon to 1pm and games will be played from 1pm to 4pm. Cost is \$8.00 per person. You will need your own group to play at your table. So...sign up for your table and register by **Thursday, February 13th**! We look forward to this day of excitement and fellowship on the 21st!

CENSUS DAY: **Wednesday, February 5th 11am** Derek Dorazio with the US Census Bureau will be here to provide important information about the 2020 Census, what it means to you, impacts on the community and employment opportunities.

CONCEALED CARRY CLASS: this class has been requested by many members, will be offered Saturday, February 22, 2020, **and starting promptly at 8am at the Courthouse Annex, located downtown Hertford.** Fee is \$75.00. A minimum of seven (7) registered and pre-paid 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, fundamentals of guns, how to use your weapon, ways to carry your weapon, cleaning and care for your weapon, marksmanship fundamentals and laws of where you can and cannot carry a weapon. Please see Beverly Gregory at the Center to register.

CARFIT: **Monday, March 23rd 9:30-12:30am.** Carfit is an educational program that provides a quick yet comprehensive View of how well you and your vehicle work together. AARP certified members will guide us through this checkup. Please register with Beverly by Monday, March 16th – and please check following that date for availability if you were unable to register.

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 December 16th 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.

SAVE THE DATE!

The **Mobile Free Pharmacy** provides adults and children who are low-income and in need with free over the counter medicine. Medicine such as aspirin, children's cough syrup, allergy medicine and vitamins are just a few items given to families who need assistance. 1. **Where does the medicine come from?** Through a partnership with **Second Harvest Food Bank of Metrolina**, NC MedAssist receives bi-weekly shipments of over the counter medicine that is sorted by Volunteers and disbursed to adults and families who are less fortunate. 2. **Is the medicine free?** YES! No I.D. required at any event! (must be 18 years or older to receive medicine) 3. **How can families receive the medicine?** At the OTC Store or scheduled health resource events, Where: **Chowan County**, Friday, March 27, 2020 9:00 AM -2:00 PM, Location TBD. *Event made possible by Vidant Health.*

UPCOMING ADVENTURES!

NORTH CAROLINA AQUARIUM ON ROANOAKE ISLAND: *Tuesday, January 21st, 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 we visit the aquarium, 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 ONLY 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.*

TOP GOLF IN VIRGINIA BEACH: *Tuesday, February 25th, leaving at 8:15am we will travel to Top Golf for a golfing adventure. This is an indoor opportunity. Estimated \$10 to \$15 for two hours if six playing in one bay and is determined upon participation. Please register by February 18th. A \$5.00 first time visitor fee may be an additional cost if you have not ever attended Top Golf.*

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.*

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

THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER AND NUTRITION SITE WILL BE CLOSED, WEDNESDAY, JANUARY 1ST, 2020 IN CELEBRATION OF OUR NEW YEAR AND MONDAY, JANUARY 20TH IN HONOR OF MARTIN LUTHER KING HOLIDAY. HAPPY NEW YEAR! THANK YOU FOR YOUR SUPPORT!