

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

February, 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, February 11th, 2020** beginning at 9:30am. Entry fee is \$2.00. Participants are eligible to win once in three months. All other days the game room is open 8am to 5pm with the exception of Monday, February 24th from 1-3pm when a Basic Billiards Class is being held. Please register for participation in the Billiards Tournament by Friday, February 7th. Sixteen Participants per tournament. **Six or more participants must be registered by February 7th or the Tournament will be rescheduled.** Please register for Basic Billiards Class by Thursday, February 20, 2020.

BINGO- Bingo is played each Wednesday from 2pm until 4pm with at least six 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 - February birthdays will be celebrated on Wednesday, February 5th, right after lunch about 12:15pm. Please let us know if you are a February 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 - February 6th the choir will have practice at 1pm at the Center. February 13th, the Choir will leave at 12:30 pm; lunch at Story's and sing with Brian Center at 2pm. February 20th, the choir departs at 12:30pm, Lunch is with Chicken Kitchen, with singing at Primetime at 2pm. February 27th the choir will leave at 12:15pm, lunch with Burger King with singing at Benjamin House 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! **6pm evening Line Dancing will not be held February 20th.*****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, February 11th**. We will travel to Pembroke Mall in Virginia, departing at 9am and returning by 4:00pm. \$3.00 per person .Please make your reservation by Friday, February 7th.

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, February 14th and February 28th at 3pm. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, February 4th and February 18th 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.

FREE TAX PREPARATION ASSISTANCE: The VITA Program offers free tax help and is offered at the auditorium of the Perquimans County Emergency Management Center. Appointments are required. To schedule an appointment call 252-619-7618. Assistance will be provided on designated dates beginning February 1st extending through March 31st.

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.

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, February 14th, 2020 at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is required

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.

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

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.

BLOOD PRESSURE AND VITAL SIGNS: **Wednesday, February 5th 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.

CENSUS DAY: **Wednesday, February 5th 11am** A representative 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. Responding is important. The 2020 Census will influence community funding and congressional representation for the next ten years. Information collected will determine the allocation of more than \$675 billion in federal funds for states and communities each year. This includes money for first responders, Medicare Part B, supportive housing for the elderly program, libraries and community centers, supplemental nutrition assistance program (SNAP), senior community service employment program and more.

VALENTINE BEAD BRACELETS: **Friday, February 7, 2020, 1pm**. Pat Oglesby is leading in a class for creating a bead bracelet. Class Size Limit 12. Register today!

I-PHONE CLASS: This class began Thursday, January 30th and meets every Thursday through February 27th, 2-3:30pm, Mary Ellen Hill provides 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. For interest in future classes, please contact Beverly Gregory at the Center.

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 and its dangerous threat to our health. Heart disease is the number one killer of women. The American Heart Association hopes that when all of us, men and women, wear red, it will bring attention to this disease which claims the lives of so many every year. We invite you to wear red with us this day!

HEART HEALTHY FOOD DEMONSTRATION: You are invited! *Friday, February 7, 2020 11am* Cindy Alarcon will provide this opportunity of education with a delicious and healthy choice.

CANCER PREVENTION AND EARLY DETECTION: *Monday, February 10th, 11am, Nikki Hyatt, RN, BSN, OCN,* with Vidant Health will present cancer prevention and early detection, which are central to the mission to save lives, celebrate lives, and lead the fight for a world without cancer.

BELL CHOIR: *Wednesday, February 12th 11am* The opportunity you have been waiting for! Or even if you did not think of it before, come join us as Ms. Peggy leads in Bell Choir. Each person plays a few notes played throughout the piece and rings it all together, for recognizable music with melodies and harmony. How exciting!

SHOW AND TELL: *Friday, February 14th 11am* Come and share with us your special memory, special keepsake or other journey down memory lane. We offer an opportunity to the first two members to register! Registration by Monday, February 10th please.

INSURANCE AND ICE CREAM: Marcheta Sawyer, Licensed Independent Insurance Agent will share "Ice Cream" trying to understand Medicare, *Monday, February 17th at 1pm.* Cream and Tasty Toppings will be provided. Marcheta brings information about Medicare Basics and changes to Medicare. Preregistration required by Wednesday, February 12th.


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.

PROTECT YOURSELF FROM "YOU HAVE WON MONEY SCAMS" Michelle Lawrence with our local library has news updates regarding the recent "you have won money scams." *Wednesday, February 19th at 11am.*

FRIENDSHIP ROCKS: Ms. Doreen keeps coming back by popular request! *Thursday, February 20th 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, February 17th.

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 great fellowship on the 21st.

CONCEALED CARRY CLASS: this class 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.

HEART HEALTH: *Monday, February 24th, 11am, welcome local health educator, Jamie Williams*  with Heart Health Education. Did you know??? That..the heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries oxygen, fuel, hormones, other compounds and a host of essential cells!

BASIC BILLIARDS WITH BOBBY: *Monday, February 24th from 1-3pm.* You are invited to learn the game of Billiards Pool. Class size limit is eight (8). Please register by February 17th.

HISTORY WITH PHIL: *Wednesday, February 26th, 11am,* Phil McMullan takes us on a journey in History. Thank you Phil!

SENIOR'S NOW: Cindy Thomas, Program Director, will provide information of support in improving the quality of life for caregivers and family members. *Friday, February 28th 11am.*

THE MOVIE HARRIETT: We will leave the center at 12:40pm on Friday, February 28th, and travel to our local library to watch the movie *Harriett*. Please register by Friday, February 21st. We will have transportation available for 13, or if you prefer you may meet us there. From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

SATURDAY NIGHT SOCIAL: You are invited to join us, Saturday night, February 29th 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.

COMMUNITY YARD SALE: *Saturday, March 7th, 8am to noon.* Rental Spaces are \$15.00. Donations welcomed March 2nd through March 6th. Contact Penny to reserve your rental space. Center number: 426-5404.

EMERGENCY SERVICES UPDATE: *Wednesday, March 11, 2020, 10:30am Please save this date and time. Jonathan Nixon, Emergency Services Director*, will provide us with an update of our local emergency services and their collaboration with other providers to maintain the best care when needed.

MILITARY AVIATION MUSEUM: *Tuesday, March 17th, leaving at 8am* and traveling to the Military Aviation Museum in Virginia Beach, Virginia. This museum is home to one of the world's largest collection of warbirds in flying condition. Entry fee is \$13.00. Registration required prior to or by March 10th.

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.

TALENT CELEBRATION: *Thursday, March 26th 1pm to 3pm.* You are invited to join us as we celebrate and share our gifts and talents! Please call or come by to reserve your time to share by Thursday, March 19th. Comedy/drama, instrumental, martial arts, dancing, and vocal are just a few! Share or support! We look forward to the celebration!

SAVE THE DATE!

ALBEMARLE 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! It is the largest Senior Games Organization in the United States with over 65,000 participants. The Albemarle Senior Games and Silver Arts 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. **Applications have been mailed to 2019 participants. Applications are available at the Center.**

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?** Where: **Chowan County**, Friday, March 27, 2020 9:00 AM -2:00 PM, Edenton United Methodist Church. *Event made possible by Vidant Health.*

UPCOMING ADVENTURES!

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. Registration must be paid by January 29th. A waiting list is available.*

TOP GOLF IN VIRGINIA BEACH: *Tuesday, February 25th*, leaving at 8:15am we will travel to Top Golf for an indoor golfing adventure. 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.

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. Initial Deposits have been accepted and the **Final Payment of \$299.00 is due by March 3, 2020.** Please call if you have not registered and are interested!

A HOLIDAY TRIP TO PIGEON FORGE, TENNESSEE: This 3Day/2Night wonderful Holiday Trip travels to Pigeon Forge, Tennessee, Nov 16-18, 2020 and includes (3) Fabulous Holiday Shows, The Hatfield and McCoy Christmas Disaster Dinner Show, Christmas at the Smoky Mounty Opry and Pigeon Forge Christmas Show at Country Tonite. We will enjoy the Winterfest Light Displays in Pigeon Forge, The Great Smoky Mountains – Mountain & Moonshine Tour, visit Apple Barn Village and Winery and you can stop by the chocolate factory! \$399.00 per person for double occupancy, \$499.00 per single occupancy. \$100 Deposit is due by July 30, 2020 with a Final Deposit of \$299.00 paid by September 30, 2020.