

## PERQUIMANS COUNTY SENIOR CENTER

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

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

Phone: 426-5404, e-mail: [seniorcenteroffice@perquimanscountync.gov](mailto:seniorcenteroffice@perquimanscountync.gov)

Website - [pcseniors.org](http://pcseniors.org)

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

December, 2021



### 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.

**BELLS WITH MS. PEGGY**: Wednesdays beginning at 10:30am, and following morning exercise class, Ms. Peggy will lead in Hand Bells.

**BINGO** - Bingo is played each Wednesday from 1pm until 3pm 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 2pm for 15 minutes.

**BIRTHDAY CELEBRATION** – December birthdays will be celebrated on Wednesday, December 1, following lunch about 12:00pm. Please let us know if you are a December birthday person.

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

**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 opportunity.

**CHOIR** - The choir will resume practice in January, 2022. Brother Bill will keep us advised of further opportunities.

***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, Wednesday and Friday@11:30am. You must sign up for your lunch prior to noon by the day lunch is served preceding the date you attend. 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 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 9:30am. 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, 8:30am-4:30pm.

**LINE DANCING** - Come join us for Line Dancing, each Tuesday morning at 10:00am. The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell, leaders for both classes. Thank you Mike and Lorraine. Donations accepted!

**MASTER GARDENERS** - Master Gardeners lead us in creating raised beds with vegetables, herbs and plants which will be enjoyed by Center members. Please join us Tuesdays, December 7th and 21st from 9:00-11:00am. Volunteers for watering are welcome, needed and appreciated.

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

**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.

**T'AI CHI CLASSES** - Harriet Marquit is the instructor for the T'AI CHI class and meets Thursday afternoons, December 2nd and 16<sup>th</sup>. This class begins at 2pm rotating with chair Yoga class instruction. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us.

**TRAIN DOMINOES** - Each Monday we gather to play Train Dominoes at 1pm. Come and play or come to learn and play.

**VAN SHOPPING TRIP** - This month's van trip will be on **Tuesday, December 14<sup>th</sup>**. We will depart at 9am and return by 4:00pm. \$3.00 per person. Please make your reservation by Monday, December 13<sup>th</sup>. We will travel to the Greenbrier area.

**YARN CORNER**: Tuesdays, you have an opportunity to join in sharing ideas and projects as we gather to knit and crochet together at 1pm.

**CHAIR YOGA CLASSES** - Harriet Marquit will lead Chair Yoga, Thursday, December 9<sup>th</sup> and December 30<sup>th</sup>, 2021 at 2pm. \$3.00 per Session.

**ZUMBA** - Cynthia Elliott is offering Zumba, Tuesdays, December 14<sup>th</sup> and December 21<sup>st</sup> 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**

**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 Lynne Raisor at 404-7090.

**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. You may contact a CSFP representative for information by calling 252-337-4755. This month the Senior Food Box Distribution Date is Friday, **December 10<sup>th</sup> at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is 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 10am. New members are welcome.

### **SPECIAL ACTIVITIES**

**BLOOD PRESSURE & VITAL SIGNS**: **Wednesday, December 1<sup>st</sup> at 10:15am**, our local EMS team will be available to check your blood pressure and vital signs.

**FRIENDSHIP ROCKS**: Ms. Doreen leads us the first Thursday of each month with this opportunity to paint Friendship Rocks with a friendly face, picture or inspirational message to keep for yourself or share in our community. This month we will meet **Thursday, December 2<sup>nd</sup> from 9:00-11:00am**.

**SNOWFLAKE WREATH**: Thursday, December 2, beginning at 1pm, Teri will lead in creating a snowflake wreath for your home to add to the excitement of the holidays! Cost is \$3.00. Please register quickly. Registration is limited.

**TRAVEL TO AFRICA WITH DOREEN**: **Monday, December 6<sup>th</sup> at 10:30am**, we will conclude our travel with Doreen to Africa with her video of adventure.

**ACRYLICS FOR BEGINNERS**: **Thursday, December 9<sup>th</sup>**, Sandra Henely will lead acrylics from **9:00-11:00am**. Cost is \$5.00. Registration limited to eight participants. Please register by Friday, December 3<sup>rd</sup>.

**HANDBELLS AND SING-A-LONG**: **Wednesday, December 15<sup>th</sup> at 10:30**, Ms. Peggy will lead hand bells and a Christmas sing-a-long.

**CHRISTMAS CELEBRATION**: **Wednesday, December 15<sup>th</sup>** at 12:30pm, we will enjoy Christmas snacks, team challenges and fellowship. Please, Perquimans age 55 and better, come join us.

**SANTA BRUSHES**: Carolyn will lead us in this merry and bright adventure right in time for the holidays! Thursday, December 16<sup>th</sup> beginning at 9am. Cost \$3.00. Please register by Monday, December 13<sup>th</sup>. Participation is limited.

**CELEBRATING NELLIE!** Friday, December 17<sup>th</sup>, as lunch has been served in the Nutrition Site we will celebrate Nellie Sawyer and the wonderful service, care and fellowship she has provided!

**GAME AND MOVIE DAY**: **Tuesday, December 28<sup>th</sup>**, the center welcomes you for table/board games and fellowship. Beginning at 1pm, please join us for a movie and popcorn!

**ACRYLICS WITH TINA FIELDER**: **Thursday, December 30<sup>th</sup> from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Tuesday, December 28<sup>th</sup>. Class size limited to eight participants. Cost \$15.00.

## **UPCOMING ADVENTURES!**

**SAVANNAH, GA & THE GOLDEN ISLES:** *December 6-8, 2021*, This 3Day/2Night Fabulous Trip includes 2 Wonderful Dinners, One will be at the Pirates House, guided tour of Historic Savannah, Performance at the Savannah Historic Theater for the performance of "A Christmas Tradition," guided Holiday Tram Tour of Jekyll Island, Tour of St. Simons Island and visit to Famous River Street. Reservations have been placed. Travelers please arrive by 5:30am on Monday, December 6<sup>th</sup>.

**HO HO CHRISTMAS SHOW AT MIKE'S FARMS:** *Friday, December 10<sup>th</sup>, 10:30am*, we will travel to Beulaville with Southern Express to enjoy some "old-fashioned cooking served buffet style, a musical variety show of Christmas classics and a touch of comedy with Gaylon Pope & SweetWater! We will top off the evening with the Festival of Lights Hayride. Cost is \$100.00 each. Please call the center to save your reservation!

**HERSHEY & LANCASTER, PA:** Please join us for these adventure-filled days, May 2-May 4, 2022. This three Day/2Night adventure includes 2 special dinners including dinner at Millers Smorgasbord, a brand new production of "David" at the Sight & Sound Theater, guided tour of Hershey, Pennsylvania, a chocolate-coated candy kingdom while we learn the history of Milton S Hershey and how he created his company, town and the school he founded; explore the great American Chocolate Tour at Hershey's Chocolate World and a visit to Kitchen Kettle Village! Trip cost is \$399.00 per person with double occupancy. First deposit of \$100.00 is due by January 7, 2022 with final payment by February 28, 2022.

## **MEDICARE OPEN ENROLLMENT:**

Medicare open enrollment began October 15 and extends through December 7, 2021. A Fact Sheet entitled "*The Road to Medicare and Planning your Drive*" states that "*it is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance.*" More information may be obtained by contacting SHIIP (Seniors' Health Insurance Information Program) with phone number 855-408-1212 or [ncshiip@ncdoi.gov](mailto:ncshiip@ncdoi.gov).

If you have not yet participated in an annual review during open enrollment, your time is limited.

## **WHO TO CALL:**

Anyone with questions about Medicare or Prescription Drug (Part D), can contact:

Jasmine S. Wilson  
Aging Program and Contracts Specialist &  
Long Term Care Ombudsman CAC Program Assistant  
[jwilson@accog.org](mailto:jwilson@accog.org)  
Direct Phone Line: (252)426-8244

Ashley Lamb  
Aging Program Specialist  
252-404-7088  
[alamb@accog.org](mailto:alamb@accog.org)

Jasmine and Ashley have over fifteen years of experience with the North Carolina Seniors Health Insurance Information Program and are excellent educators with compassion for the older population. Their office is located at the Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC.

**THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER AND NUTRITION SITE WILL BE CLOSED in celebration of CHRISTMAS AND NEW YEAR'S DAY, Thursday, December 23, Friday, December 24, Monday, December 27 and Friday, December 31<sup>st</sup>.** We wish you each a blessed and Merry Christmas together with a joy-filled very prosperous Happy New Year!