

## 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, Penny Trueblood

Nutrition: Jenny Coppersmith



March, 2022



### 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, Ms. Peggy will lead in Hand Bells alternating with educational or entertainment opportunities.

**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** – March birthdays will be celebrated on Wednesday, March 2nd right after lunch is served! Please let us know if you are a March 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 meet for practice, Thursday, March 3, 2022 at 1pm and join in the celebration at the Talent Celebration, Thursday, March 17<sup>th</sup> at 1pm. ***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 Jenny Coppersmith 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 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. A foosball table has been gifted to the center! Thank you Bill. 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, Annie Nofsinger, Penny and Tiffany lead us in creating raised beds with vegetables, herbs and plants that will be enjoyed by Center members. Thank you Master Gardeners and team members. In February, the gardeners cleaned out plant beds, picked out weeds and grass from the beds. Seeds were planted for carrots, sugar snaps, peas, various tomatoes, eggplant and various peppers. A new raised bed was started. In March onions and beets will be planted and a rain gutter garden will be installed. Potatoes will be planted in grow bags. How Exciting! Please join us Tuesday, March 15th and March 29th at 2pm as we experience new and old gardening methods and have a great time of fellowship.

**OUTDOOR GAMES** - Shuffleboard, Bocce, Croquet, Horseshoe, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting. Volunteers have been updating our outside game area and we look forward to enjoying these games! Join us Thursday, March 31<sup>st</sup> from 2-4pm for outdoor games, hotdogs and fellowship! Please register by Monday, March 28<sup>th</sup>.

**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. Rook tables have been requested for Wednesdays!

**T'AI CHI CLASSES** - Harriet Marquit is the instructor for the T'AI CHI class and meets Thursday afternoons, March 10<sup>th</sup> and March 24<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, March 8***. We will depart at 9am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, March 4<sup>th</sup>. We will travel to the Outer Banks for this shopping adventure.

**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 March 3, March 17 and March 31, 2022 at 2pm. \$3.00 per Session.

**ZUMBA** - Cynthia Elliott is offering Zumba, Tuesdays, March 8 and March 22 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, March 11<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.

**FREE TAX HELP AVAILABLE IN HERTFORD** - The Hertford Rotary Club is hosting free tax return service to people earning \$57,000 or less. Walk-ins are not allowed. February 15 through April 16<sup>th</sup>. You must call 252-619-7618 to make an appointment.

## **SPECIAL ACTIVITIES**

**BLOOD PRESSURE & VITAL SIGNS** - ***Wednesday, March 2<sup>nd</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, March 3<sup>rd</sup> from 9:00-11:00am***.

**BOCCE** - Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. It is one of the oldest lawn or yard games. Please join us Friday March 4 from 2-3pm to learn and to play! This game is available every day for members to enjoy on their own or with a group.

**WALK WITH EASE** - Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. This program is for people who want to reduce the pain and discomfort of arthritis and/or joint pain, desire to increase balance, strength and walking pace, build confidence in the ability to be physically active and improve overall health. This program began **Monday, February 14, 2022**. Sessions start promptly at 8:30am, Monday, Wednesday and Friday each week, with an anticipated class ending date of March 25, 2022. Registration and Participation has already begun. If you are interested in joining a class in the future, please contact Beverly.

**ACRYLICS FOR BEGINNERS** - Thursday, **March 10**, Sandra Henely will lead acrylics from **9:00-11:00am**. Cost is \$5.00. Lunch will follow for participants. Registration limited to eight participants. Please register by Monday, March 7, 2022.

**The Happy Class** - Sandra Henely will lead in the *"Battlefield of the Minds"*. Please register by Monday, February 7th. This opportunity will begin at **1pm on Thursday, March 10th**.

**COLON HEALTH** - Vidant Team Member Jennifer Lewis, will share a presentation on **Friday, March 11 at 10:30am** with information regarding colon cancer awareness and prevention.

**TALENT CELEBRATION** - **Thursday, March 17<sup>th</sup> from 1pm-3pm**. **SAVE THE DATE & REGISTER** to share your gifts and talents! We invite you to join us as we celebrate and share our gifts and talents. Please call or come by to reserve your time to "shine" by March 11<sup>th</sup>. Vocal, dancing, drumming, martial arts, instrumental, hula dance, comedy/drama, recitation, poetry or wood chiseling – for just a few!

**DEMENTIA CARE WITH TEEPA SNOW** – **Friday, March 18, 2022** this opportunity will be offered at the NC Cooperative Extension Currituck County Center in Barco. You must **register by March 4<sup>th</sup>** and registration is online. You are asked to join in person for understanding the different dementias, changing resistance to care to participation in care, non-traditional stress management in dementia care and creating moments of joy and self-care for the caregiver. You may travel on your own or with friends and family.

**CROQUET** – Tuesday, March 22<sup>nd</sup>, join us as we gather for croquet on the lawn at 2pm. Croquet is a sport that involves hitting wooden or plastic balls with a mallet through hoops embedded in a grass playing court. Come to learn and come to play!

**PERQUIMANS ART LEAGUE GALLERY** - **Thursday, March 24th, 9:45am**, join us for a tour of our local art gallery. *"Located in the Historic District of Hertford, North Carolina, the Perquimans Arts League exhibits and sells the work of approximately 95 artists and craftsmen from the surrounding area. In addition to paintings and photography, you will find a wonderful assortment of handcrafted jewelry and pottery, fiber art, glass and wood items, as well as books by local authors. Exhibits are frequently changing, so there's always something new and exciting."* Special exhibits provided by students of Hertford Grammar School and Perquimans Central School are available. At the conclusion of the tour, we may lunch together downtown Hertford.

**ACRYLICS WITH TINA FIELDER** - **Thursday, March 24th from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Tuesday, March 22<sup>nd</sup>. Class size limited to eight participants. Cost \$15.00.

**CORNHOLE** - Thursday, March 24<sup>th</sup> at 2pm gather for Cornhole, which is a lawn game in which players take turns throwing 16-ounce fabric beanbags at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. Play continues until a team or player reaches or exceeds the score of 21.

**SHUFFLEBOARD ANYONE? EVERYONE!** We are playing Shuffleboard, Friday, March 25<sup>th</sup> at 10:30am. Come and join us for this game of Shuffleboard, more precisely deck shuffleboard, and also known as floor shuffleboard, a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area. Hope to see you on the 25<sup>th</sup>!

**OUTSIDE GAME DAY!** Shuffleboard, Bocce, Croquet, Horseshoe, and Cornhole! All of these games are available for you to enjoy outdoors weather permitting. Volunteers have been updating our outside game area and we look forward to enjoying these games! Join us Thursday, March 31<sup>st</sup> from 2-4pm for outdoor games, hotdogs and fellowship! Please register by Monday, March 28<sup>th</sup>

#### **SAVE THE DATES:**

**LET'S GO FISHING!** Senior members we are invited for a day of fishing at the Holiday Island Park, Tuesday, June 14, 2022. Fishing license is being requested, assistance with bait and fish will be provided if needed and lunch. We will leave the center at 8:15am. Save the date! More details to follow in April's Newsletter. Registration will be required.

**MEDICARE 101** - August 30<sup>th</sup> from 9-11am.

**OZARK FESTIVAL** - at the Roanoke Island Festival Park. Tuesday, October 25<sup>th</sup>, the celebration begins at 11am. We will leave the center early in the morning, enjoy the festival and lunch with our members. Cost is \$30.00 per person. Please contact Beverly to reserve your tickets.

#### **SCAM ALERT**

*Scammers steal billions from Americans like you every year. Protect yourself and your family by joining us to learn how to spot and avoid identity theft, scams and fraud! This event is FREE! Preregistration is required.*

**Event Date: March 15, 2022, 9am-12Noon. Registration begins at 8:30am**

***Pre-registration is required by March 7, 2022.***

Representatives from the NC Department of the Secretary of State's Office, NC Attorney General's Office, NC Department of Insurance and the Albemarle Commission Area Agency on Aging are scheduled to speak.

### **SENIOR GAMES**

The Mission of Senior Games is to promote total health and physical fitness. Events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for a conditioned trained athlete. To be eligible to participate you must be 50 years of age or better on/or before December 2022 and be a resident of North Carolina for three (3) consecutive months each year. Please check for the date of your event. Senior Games begin March 21<sup>st</sup>. Registration has closed.

### **FREE OVER THE COUNTER MEDICINE GIVEAWAY!**

Stock your Medicine Cabinet for FREE! Free OTC Medicine Items include cold, cough, flu medicine, pain relief, vitamins, children's medicine etc. HOW IT WORKS: Stop by from **9AM-2PM for FREE OTC Products**. If you want to request specific medications, you can pre-order online: [www.medassist.org/mobile](http://www.medassist.org/mobile) and pick up your order during the event. You may pick up items for a friend or family members. **NO APPOINTMENT OR PRE-REGISTRATION REQUIRED, however if you do not pre-register, you can come by and pick up a pre-packaged bag of medication while supplies last. All NC residents are welcome. Must be 18 years or older. This event is rain or shine.**

**EVENT - Perquimans County Parks & Recreation Department Saturday, March 5, 2022  
Volunteer are Needed!**

### **UPCOMING ADVENTURES!**

**ZIPQUEST** - Members! a Waterfall Expedition awaits you! For the ultimate adventure, take on the zip lining Waterfall Expedition! You will explore nature like never before with 8 tree-to-tree zip lines, 3 suspension bridges, 3 spiral staircases and a spectacular view of Carver's Falls, which is one of Fayetteville's most exciting attractions. Come join us, **Tuesday, April 26<sup>th</sup>**! Cost is **\$85.00** per person. Reservations must be made and paid in full by **March 22, 2022**. Your reservation is only confirmed upon payment submission. We plan to leave at 8am, lunch in Fayetteville on your own, and register by 12:15pm. This adventure may take 2-2.5 hours. Required: healthy shoulders and good listeners. Not recommended for people who experience vertigo, have allergies to ants, have a fear of heights or weigh more than 250lbs. A video will be provided for any interested participants prior to reservation. It is recommended that you pack a snack and water. This is indeed an outdoor in the woods adventure. For more information, please contact Beverly Gregory, Center Coordinator.

**HERSHEY & LANCASTER, PA** - Please join us for these adventure-filled days, May 2-May 4, 2022. This 3Day/2Night adventure includes 2 special dinners including dinner at Miller's Smorgasbord, a brand new production of "David" at the Sight & Sound Theater and a guided tour of Hershey, Pennsylvania. We will 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 enjoy a visit to Kitchen Kettle Village. Registration has closed. Travelers will be contacted when the itinerary is published.

**BILTMORE ESTATE IN ASHEVILLE, NC!** A visit to Biltmore is a feast for the senses, featuring wreaths, garlands and the sparkle of thousands of ornaments from Biltmore House to Antler Hill Village! This 3 day 2 night travel includes hotel accommodations, breakfasts at your hotel, Diner at the Blue Ridge Mountain Opry Dinner Show, Holiday Lunch at Biltmore Estate, Explore the Holiday Beauty of the Biltmore House, Guided Tour of Asheville, Admission to Biltmore Gardens and Grounds: Garden Conservatory, Antler Village, Biltmore's shops, Wine Tasting and The Gingerbread Display! Adventure Dates: November 30-December 2, 2022. Price per person for double occupancy is \$499.00. First deposit of \$200.00 is due August 2, 2022 with Final Deposit Due on or before October 3, 2022.

### **Special Note:**

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