

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
Website - pcseniors.org
Staff: Bert Gordon, Beverly Gregory, Penny Trueblood
Nutrition: Jenny Coppersmith



April, 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 – April birthdays will be celebrated on Wednesday, April 6th right after lunch is served! Please let us know if you are an April 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, April 7th, 2022 at 1pm. Thursday April 14th, the choir will meet at the center at 11:15am, lunch at Quality Seafood, and sing at Brookdale Carolina House at 1pm. Thursday, April 21, the choir will meet at the center at 11:30am, enjoy lunch at Chicken Kitchen with singing at the Edenton House at 1pm. Thursday, April 28th the choir will meet at 11:30am at the center, lunch at Story's Seafood and sing at the Brian Center 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 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. 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 will not meet in April. This class will resume in May and begins at 6pm with Mike and Lorraine Mizzell. Mike and Lorraine are 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. During March rain gutter planters were installed along the fence and utilized them by planting Spinach, Lettuce and Arugula. Red and white potatoes were started in grow bags and pansies in pots. Raised beds were cared for with soil, fertilizer, weeding, water, and beds were prepped for seeding in April. Collards were harvested to share. We will continue preparing and planting our Spring and Summer Gardens in April on April 12th and April 26th at 2pm. Please join us for this great opportunity and fellowship.

OUTDOOR GAMES - Shuffleboard, Bocce, Croquet, Horseshoes, 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! Look at the calendar for games scheduled for Mondays at 10:30am

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, April 7th and April 21st. 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, April 19th***. We will depart at 9:30am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, March 4th. We will travel to the Norfolk Outlets 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 April 14th and April 28th, 2022 at 2pm. \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesdays, April 12th and April 26th 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. Tuesdays, April 5th and April 19th, Zumba will be lead with Video.

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, April 8, 2022 ***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. This service ends April 16th. You must call 252-619-7618 to make an appointment.

SPECIAL ACTIVITIES

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 eighteen session, six-week class has concluded and participants are meeting at 8:30am Monday, Wednesday, and Friday, at 8:30am for warm up exercises, stretching and walking. Other center members are welcome to join us.

SHUFFLEBOARD - We are playing Shuffleboard, ***Monday, April 4th*** 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 4th!

BLOOD PRESSURE & VITAL SIGNS - ***Wednesday, April 6th 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, April 7th 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 Monday, April 11th from 10:30-11:30am to learn and to play! This game is available every day for members to enjoy on their own or with a group.

SPA MORNING – Tuesday, April 12th beginning at 9am and extending through 11am Hallie Wilson will share hand and lip treatments for up to 20 pre-registered participants and Cat Stallings of *Just Pedi* will talk with us regarding the importance of foot care. Ms. Stallings will accept reservations for six individuals to enjoy foot massage with moisturizing therapy and quick foliation. Relaxing music, refreshing beverages and fruit will be provided. Pre-registration is required and participation is limited.

EASTER EGG HUNT – Grab your baskets! ...and join us **Wednesday, April 13th at 10:30am** for an Easter Egg Hunt! Rain or Shine.

NORFOLK BOTANICAL GARDENS – Walk with Ease pre-registered participants will leave Thursday morning **April 14th** at 7:30am and travel together to the Norfolk Botanical Gardens. We will leave the Gardens at noon and lunch on our own before returning to the center.

ACRYLICS FOR BEGINNERS - Thursday, **April 14th**, Sandra Henely will lead acrylics from **9:00-11:00am**. Cost is \$5.00. Registration limited to eight participants. Please register by Monday, April 11, 2022.

BRIDGE – Winfield Boyer is going to guide us in learning the game of Bridge. **Monday, April 11th at 1pm**. Bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Please register for this great opportunity by Friday, April 8th.

CORNHOLE – Monday, **April 18th at 10:30-11:30am** 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 or nutrition is served at 11:30am.

SPRING WREATHS: Thursday, April 21st at 9am. Join us as we create spring wreaths! Please register by Monday, April 18th. Registration is limited to ten participants. Cost is \$3.00.

EARTH DAY: Join us **Friday, April 22 at 10:30am**. Our volunteer Master Gardeners will lead us in an “earthy” celebration of planting in the center. Earth Day. Earth Day is an annual event on April 22 to demonstrate support for environmental protection. Please register by April 18th.

ZIPQUEST – **Tuesday, April 26th**, all registered participants will travel to Fayetteville for the zip lining Waterfall Expedition! We will leave the center at 8am, lunch on our own in Fayetteville, register by 12:15am for our 1pm adventure. Please take bug spray, water, snacks as needed and dress appropriately for this outdoor experience with weather consideration. Rain or Shine.

FIRE SAFETY - Wednesday, April 27th, at 10:30am Michael Cartwright will lead us in Fire Safety, Fire Drill and may even bring fire extinguishers to learn proper use. Join us April 27th! Thank you Michael.

ACRYLICS WITH TINA FIELDER - Thursday, April 28th from 1:30pm to 3:30pm, Tina will lead in acrylic painting. Please register by Tuesday, April 26th. Class size limited to eight participants. Cost \$15.00.

CELEBRATING MS. CECILLE: Friday, April 29th, immediately following morning exercise class at 10:30am we will celebrate Ms. Cecille in honor of her 101st birthday. Join us for cake and congratulations!

A MATTER OF BALANCE: A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase the activity levels in older adults who have concerns about falls. Workshop Sessions help participants learn to (1) view falls and fear of falling as controllable, (2) set realistic goals for increasing activity, (3) change their environment to reduce fall risk factors and (4) promote exercise to increase strength and balance. These free (2) two hour sessions are held once a week for 8 weeks to help you gain confidence and reduce your risk of falls. Workshops will take place on Mondays and participants are encouraged to complete the workshop in its entirety. **Dates are August 8, 15, 22, 29, September 6, 12, 19 & 26** and the class is held from 1pm-3pm here at the center. Registration is required prior to July 29th.

SAVE THE DATES:

CAROLINA MOON THEATER GROUP - The Wild Women of Winedale will be presented by the Carolina Moon Theater Group **May 13, 14, & 17 at 7pm and May 15 at 4pm**. Tickets online only at carolinamoontheater.org and entry fee is \$18.00 each. If you need help with ticket purchase, please ask Penny or Beverly for assistance.

ANNUAL WORLD ELDER ABUSE AWARENESS DAY (WEAAD) WALK – There is no excuse for elder abuse. You must pre-register for this **walk by May 13, 2022** to Lee Gray (252) 404-7096. Event T-Shirts will be \$5.00. Pre-orders are requested. Only a few extras will be available. This event is held **Friday, June 3, 2022 from 10:00 am – 2:00pm** in Elizabeth City. The walk will begin at the Pasquotank County Courthouse at 206 E Main Street and ends at Mariner’s Wharf Park (400 S Water Street) on the waterfront. “Lunch will be provided”. Please wear purple to show your support.

If you need assistance registering for the event, please ask Penny or Beverly. The center van is available for transportation and is available. Registration is required for van seating and is limited to 13 participants.

LET'S GO FISHING! Senior members you are invited for a fishing adventure at the Holiday Island Park, Tuesday, June 14, 2022 from 8am to 2pm. A one-time limited fishing license has been received for unlicensed fishing participants. Assistance with bait and fish will be provided if needed. **Lunch, Bait and Poles** will be available for all **registered participants**! Registration is required. Members may ride together in the center van, registration required, or meet us at the park. The van will leave the center at 8am. Bring your coolers, hats, sunscreen, bug spray, water and whatever you may need to enjoy this great day of fishing, lunch and fellowship! Beginners Acrylics will be offered with Sandra Henely at 9:30am with class size limited. Registration Required.

MEDICARE 101 - Join us to learn about Medicare! **August 30th from 9am-11am**. This event is perfect for anyone new to Medicare, those confused about Medicare or anyone wanting to learn about Medicare. Especially those who are turning 65 this year, please join us for help in understanding the basics of Medicare.

OZARK JUBILEE - at the Roanoke Island Festival Park. Ozark Jubilee presents Stars of the Grand Ole Opry featuring Branson's funniest comedian and world-class fiddler. **Tuesday, October 25th**, the celebration begins at **11am**. We will leave the center at 9am, enjoy the festival and lunch with our members. Entry fee for Jubilee is \$30.00 per person. Lunch is on your own. Please contact Beverly to reserve your tickets.

FREE SMOKE & CARBONMONOXIDE DETECTORS

A COOPERATIVE Program between the NCBAM (Baptist Aging Ministries) and the Albemarle Commission on Aging is available to provide free detectors to senior adults for their dwellings. Please register at the senior center with your name, address, phone number and selection of Smoke or/and CO Detectors needed. Delivery and installation is free.

SENIOR GAMES

Opening Day is Tuesday, April 5th at our local Perquimans County Parks and Recreation Department and registration begins at 9am. Registered participants will enjoy the Silver Striders Fun Walk, Discus, Shot Put, Football Throw, Softball Throw, Standing Long Jump, Basketball shooting and Lunch at 11:30 with medal presentations to follow. The Mission of Senior Games is to promote total health and physical fitness. All registered participants please review the schedule for your registration times. Events are scheduled through May 4th with the Performing Arts Showcase held at the Edenton United Methodist Church, Tuesday, May 24th at 2pm Rehearsal at the church is scheduled for May 11th. The showcase is open to performing artists and judges only. **Please come by and pick up your t-shirt prior to opening day!**

UPCOMING ADVENTURES!

HERSHEY & LANCASTER, PA - Reservations have been made and closed for this great adventure May 2-May 4, 2022. 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.

**THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER AND NUTRITION SITE WILL
BE CLOSED, FRIDAY, APRIL 15TH IN RECONITION OF GOOD FRIDAY!**