

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

June2022

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 – June birthdays will be celebrated on Wednesday, June 1st right after lunch is served! Please let us know if you are a June birthday person.

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

BRIDGE – We are playing Bridge on Mondays. This 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 join the opportunity to play Bridge, Mondays at 2pm.

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, June 2, 2022 at 1pm. Thursday June 9th, the choir will meet at the center at 11:30am, enjoy lunch at Chicken Kitchen, and sing at Primetime in Edenton at 1pm. Thursday, May 16th, the choir will meet at the center at 11:30am; enjoy lunch at Dairy Queen with singing at the Edenton House at 1:15pm. Thursday, June 23rd the choir will meet at 12:15pm at the center, enjoy lunch at Wendy's and sing at Chowan River Rehab at 2pm. Brother Bill will make an announcement regarding the choir meeting on Thursday, June 30th. ***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 meets at 6pm. Mike and Lorraine are leaders for both classes. Line Dancers will not meet Tuesday, June 14th nor Thursday, June 16th. 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. The Perquimans County Senior Center garden is off to a roaring start. Strawberries, pansies, herbs and lettuces have been planted in the rain gutter garden; peas are blooming and potato plants are growing. Bush beans and squash seeds have worked their way through the soil and plants are emerging. Thanks in part to the seed bombs many of you made

on Earth Day, the pollinator garden is eager to burst into bloom. The straw bales have been conditioned and soon we will be planting tomatoes, peppers, eggplant, watermelon, cantaloupe, and sweet potatoes.

This is YOUR garden and we need YOUR help! Plants will not thrive without water, and we need volunteers to help with watering. Of course, if you want to weed and plant as well, we can certainly accommodate you! We meet on Tuesdays at 9 am - hope to see you soon!

OUTDOOR GAMES - Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting. Volunteers updated our outside game area and we look forward to enjoying these games! Look at the calendar for games scheduled for Mondays at 10:30am and game day, Thursday, May 26th!

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, June 2, June 16th and June 30th. 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 **June 21st**. We will depart at 9:00am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, May 6th. We will travel to the Greenbrier area 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 June 9 and June 23, 2022 at 2pm. \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesdays 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, June 10th, 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.

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.

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, June 1st 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, June 2 from 9:00-11:00am**.

ANNUAL WORLD ELDER ABUSE AWARENESS DAY (WEAAD) WALK - There is no excuse for elder abuse. You must have already pre-registered for this **walk by May 13, 2022** with the Albemarle Commission. Event T-Shirts will be \$5.00. Pre-orders were 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. The center van is available for transportation. Registration is required for van seating and is limited to 13 participants.

SHUFFLEBOARD - We are playing Shuffleboard, **Monday, June 6** 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.

FARMHOUSE FLORAL ARRANGEMENT - Thursday, **June 9th**, Penny will lead in a Farmhouse Floral Arrangement from 9am-11am. \$3.00 fee. Registration is limited to eight participants. Please register by Monday, May 6th.

ACRYLICS FOR BEGINNERS - Tuesday, **June 14**, Sandra Henely will lead acrylics from **9:00-11:00am at Holiday Island Park** during our Fishing Adventure Day! Cost is \$5.00. Registration limited to eight participants. Please register by Wednesday, June 8, 2022.

STUDYING The Book of JOHN - Ms. Louise Ayscue, graduate of Roanoke Bible College, will lead in the study of the Book of John, Fridays at 10:30am – 11:30am beginning June 10th. Please register for this opportunity by June 6th.

NUTRITION AND EXERCISE - Monica Oakes serving with Amedisys will present Nutrition and Exercise, **Monday, June 13th at 10:30am**.

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! For those who are not planning to fish with us and want to join in the fellowship, beginners acrylics will be offered with Sandra Henely at 9:30am with class size limited. Registration Required by June 9th.

ARCHERY - **Wednesday, June 15th, at 10:30am** Soul Hunters will join us for the opportunity to enjoy archery! \$3.00 per person. Registration requested by June 3rd.

BEAD WEAVING – Pam Parker will lead in Bead Weaving of a bracelet using the Peyote Stitch. **Thursday, June 16th. 9-11am**. Registration Limited. Please register by June 13th.

FATHER'S DAY CELEBRATION - Join us **Monday, June 20th** for a Father's Day of celebration with outdoor games and ice cream sandwiches. 10:30am.

FOOT MASSAGE – Cat Stallings will be available, Monday, June 20th from 9 to 3pm for appointments for foot massage. Cost is \$20.00. Please register by June 13th.

FIRST AID – Wednesday, June 22, at 10:30, am, Randy Skinner, a police officer at Vidant Chowan Hospital in Edenton, soon to be ECU Health Chowan, has been with Vidant for almost 15 years. He grew up in Ahoskie where under his father's guidance, was a volunteer for the Ahoskie Rescue Squad. He has been an Emergency Medical Technician for 40 plus years and has been in law enforcement for that length of time. His wife, Cindy, is the daughter of Elizabeth "Lizzie" Harrell of Hertford and they have one daughter, also named Elizabeth. During this presentation he will review treatment of minor emergencies. Thank you Randy!

ACRYLICS WITH TINA FIELDER - **Thursday, June 23rd from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Monday, May 23rd. Class size limited to eight participants. Cost \$15.00.

HEARING SPECIALIST - Hearing Specialist Jennifer Cabe with the NC Department of Health and Human Services will present for us on **Monday, June 27th at 10:30am**.

CELEBRATING INDEPENDENCE DAY – **Wednesday, June 29th, at 10:30**, join as we celebrate Independence Day with indoor games. Watermelon will be enjoyed and other desserts are welcomed.

FACTS ABOUT STROKES – **Monday, July 11th, at 10:30am** we welcome Monica Oakes with Amedisys, to present facts about strokes.

EXERCISE, WEIGHTS AND STRENGTHENING – **Wednesday, July 20, 10:30am**, James White with Vidant, will present the importance of exercise and exercise with weights and strengthening.

TWO-STEP & THE ELECTRIC SLIDE – Join us Wednesday, July 27, at 10:30am. Mamie, Sera and Shirley will teach us the two-step and the Electric Slide. Sounds exciting! Thank you Mamie, Sera and Shirley!

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.

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 lean about Medicare. Especially those who are turning 65 this year, please join us for help in understanding the basics of Medicare. Please register by August 15th.

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.

UPCOMING ADVENTURES!

VIRGINIA SCIENCE AND MARINE MUSEUM - **Tuesday, July 19th**, join us as we travel to the Virginia Aquarium & Marine Science Center. This is an aquarium and marine science museum located in Virginia Beach, Virginia, just south of Rudee Inlet. The exhibits at the museum are contained in over 800,000 US gallons of fresh and saltwater displays. To obtain the group rate of \$18.00 per person, 15 participants must attend. Without the group rate, the cost per person is \$24.95. Reservations and payment must be made by **Thursday, June 23rd**. We will plan to leave the center at 8:00am.

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 by October 3rd to reserve your tickets.

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.