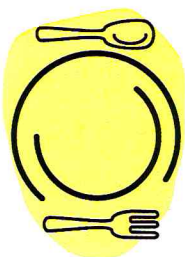


Activities: 8:30am – 4:30pm  
 Monday - Friday  
 Phone: 426-5404



## *Meals on Wheels Volunteers needed!*

Are you looking for a fun, easy and rewarding way to serve others? Home Delivered Meals Volunteers are the **ONLY** reason we are able to serve our Perquimans County home bound seniors with meals throughout the week. Volunteers play a key role in providing seniors, not only with a meal, but offer much needed socialization and **smiles!**

There is flexible scheduling to meet our volunteers' needs.

Perquimans Senior Center

252 426-8309

*Jenny Coppersmith, Nutrition  
 Manager*

*Ready...set....go..*

## UPCOMING ADVENTURES!

**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, Dinner 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. Reservations are established. An Itinerary is expected soon..

**COUNTRY CHRISTMAS** – *Friday night, December 2, 2022*, we will enjoy the dinner and show "Country Christmas" with Adam Nixon and the "Hallelujah Crew" at the Onley Place nestled in Craney Island. Cost is \$25.00 and registration is required by November 10<sup>th</sup>. We will leave the center at 5pm. Seating is limited.

**MIKE'S FARM AND THE HO HO CHRISTMAS SHOW** – We are traveling to Beulaville, *December 8* to enjoy old fashioned cooking at 2:30pm a musical variety show of Christmas Classics at 3:45pm with a touch of comedy, and the Festival of Lights Hayride at 5:30pm! We will leave the center at 10:30am. Registration is complete / "Standby" list is open.

**MYRTLE BEACH, SOUTH CAROLINA** – *Myrtle Beach, SC, March 27-29 2023!* This exciting and fun-filled opportunity will include deluxe transportation, two nights reservations in an Ocean Front Luxury Hotel in Myrtle Beach with Hot Breakfast provided, show at the Carolina Opry, Show at the Alabama Theatre, Two Dinners, a visit to the Myrtle Beach State Park, Broadway at the Beach, Ripley's Aquarium, and a visit to Brookgreen Gardens. Cost per person based upon double occupancy is \$545, single occupancy \$644. First Deposit of \$200 is due by December 9, 2022, with Final Payment Due by February 17, 2023



**PERQUIMANS COUNTY SENIOR CENTER**  
 1072 Harvey Point Road  
 P.O. Box 615  
 Hertford, NC 27944



THE PERQUIMANS COUNTY  
 SENIOR CITIZENS CENTER  
 AND NUTRITION SITE WILL  
 BE CLOSED TO OBSERVE

**VETERANS DAY, FRIDAY,**

NOVEMBER 11, 2022 AND

CLOSED THURSDAY

NOVEMBER 24 AND

FRIDAY, NOVEMBER 25 IN

OBSERVANCE OF  
**THANKSGIVING.**

HAPPY THANKSGIVING!

### Staff:

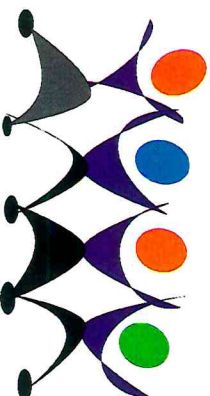
**Bert Gordon, Beverly Gregory,  
 LuRee Sawyer,  
 Penny Trueblood**

### e-mail:

**seniorcenteroffice@perquimanscountync.gov**

### Website

**pcseniors.org**





*Ready....set....go..*

### UPCOMING EVENTS!

**Christmas Music by Violinist**— Christmas Special— Please join us **Wednesday, December 7 at 10:30 am**, for special guests Nancy Jones and Michael Koc. These violinists will present a Musical Christmas Special just for us!

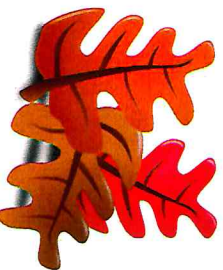
**ECU Arthritis Education**— Donna Robertson with ECU will present Arthritis Education at **10:30 am, Friday, December 9**. Arthritis means **inflammation or swelling of one or more joints**. It describes more than 100 conditions that affect the joints, tissues around the joint, and other connective tissues. Specific symptoms vary depending on the type of arthritis, but usually include joint pain and stiffness.

**Dementia & Brain Health**—Julie Gaven, M.S. CCC-SLP currently serves as a Research Program Manager with the Brody School of Medicine at East Carolina University, where she is honored to also serve as ECU's regional site coordinator for the statewide NC Registry for Brain Health ([www.ncbrianhealth.org](http://www.ncbrianhealth.org)). A medical Speech-Language Pathologist and certified Brain Longevity Specialist with over a decade of neurological rehabilitation experience at level 1 trauma centers and large teaching hospitals, she is passionate about holistic brain health and dedicated to supporting the well-being of patients, caregivers, elders and our diverse communities across eastern North Carolina. Join with us as we welcome Julie, **Monday, December 12 at 10:30 am**.

**Fire Safety**—Our Fire Marshal, Barry Overman, will meet with us **Wednesday, December 14 at 10:30 am** to promote our awareness of fire safety.

**CHRISTMAS PROGRESSIVE MEAL, FELLOWSHIP & CAROLING** — **Thursday, December 15** we will begin our celebration with Hors D'oeuvres @ 11:00 am, and add great fellowship, covered dish lunch, games and top it off with Christmas Caroling and delicious Desserts! Save the Date! You are invited to bring your special Hors D'oeuvre, a complimentary dish for lunch or a delicious dessert. Register by December 9, 2022.

**SANTA FOR SENIORS**— Help us bring some cheer to the homebound adults throughout our County! Participate in our annual gift drive to make the season a little brighter for our participants, who may otherwise, go without! How can you Help? Donate one (or more) of the following items: TISSUES, HAND PUMP SOAP, INDIVIDUALLY WRAPPED CANDY, TOILET TISSUE AND PERSONAL CARE WIPES. These items will be used to make Holiday Gift Bags for each of our Home-Delivered Meal Participants. For More information, please call 252-426-5404. **Donations needed by: November 28, 2022.**



### 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 Ralsor at 404-7090.

**SENIOR FOOD BOX** - CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens aged 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 **Thursday, November 10, 2022, at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval are 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.



## Perquimans County Senior Citizens Center

1072 Harvey Point Road

Hertford, NC 27944

(252) 426-5404

### Everyday....

#### Monday

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Train Dominoes  
12 Noon - Afternoon Games  
1:00 pm Mah-Jongg  
1:00 pm Bridge

#### TUESDAY

10:00 am Line Dancing  
12:00 pm -Afternoon Games  
1:00 pm Yarn Corner  
2 pm Zumba

#### Wednesday

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Train Dominoes  
12 Noon -Afternoon Games  
1 - 3 pm BINGO

#### Thursday

9:00 am TOPS  
12 Noon - Afternoon Games  
6:00 pm Line Dancing

#### Friday

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Afternoon Games  
12 Noon - Train Dominoes

Hours of operation: Mon.—Fri. 8:00 AM—5:00 PM

### Coming Events for November

**CHRISTMAS WORKSHOP** – **Thursdays in November** from 12:30-4:30 pm, members may gather to make Christmas gifts. Bring your ideas and your materials and gather for great fellowship and exchanging of ideas.

**STUDYING The Book of JOHN** - Ms. Louise Ayscue, graduate of Roanoke Bible College, will continue to lead in the Bible study **Fridays at 10:30am.**

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

**BLOOD PRESSURE & VITAL SIGNS** - **Wednesday, November 2, 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, November 3, from 9:00-11:00am.**

**CENTER TEA PARTY** - Come join us, **Friday, November 4 at 1pm!** Start a tradition with us and be a part of our first annual tea party! Teatime gives us a chance to catch up with our friends and make new friends and it is an excuse to eat delightful desserts. This is a time to let you know you are special. It is stated that tea helps fight disease, can aid in weight loss, improve memory, can aid in keeping our mouth healthy and boost our immune system. This is an opportunity to wear your favorite tea party hat, but it is not required. We look forward to seeing you! Prior registration required. **Cost is \$2.00**

**SELF AWARENESS DEFENSE** – **Monday, November 7, at 10:30am,** our very own Paula Saje will lead us in helpful instructions and techniques for self-awareness defense. Thank you, Paula.

**AGING PLAN LISTENING SESSION** – **Wednesday, November 9, 2022, at 10:30am,** we will join the North Carolina Division of Aging and Adult Services and the North Carolina Association of Area Agencies on Aging virtually to participate in a listening session to help identify the need of our older age adult citizens. Please come and share your ideas regarding challenges your community faces and possible solutions; share ideas on what you need to safely and comfortably age in place and help inform these agencies for future programming and planning. Please register by November 7<sup>th</sup>.

**CANDLE MAKING**—Join us **Thursday, November 10** as Pattie Bosco leads us in candle making at 1 pm. **Fee \$3.00**—please register by Monday, November 7.

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

**CENTER CLOSED**—November 11—Veterans Day

**JACK'S EASY LINE DANCING**—Jackson Henderson will lead in easy steps for easy line dances, **Monday, November 14,** at 10:30 am.







**Veterans Day Tribute**— Our Choir will present a Veterans Day Tribute during lunch **Monday, November 14**. Come and enjoy the sound of music as our choir sings in celebration of our Veterans!

**VIRGINIA SCIENCE AND MARINE MUSEUM** - **November 15, 2022**— 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 Tuesday, November 1st. We will plan to leave the center at 8:00 am.

**Holiday Stress Relief—Wednesday, November 16, 10:30 am**, we welcome back Ms. Jean Mathews, with ECU to present “Stress Relief During the Holidays.” to share ways to relieve holiday stress and enjoy our celebrations.

**Thanksgiving Desert**—Erin Brabble with our local Landings of the Albemarle will share lunch beverages and Thanksgiving pie with all of our congregated meal participants. **Wednesday November 16**. Be certain to sign up for lunch to enjoy the pie!

**SEWING** – Angela Ermi will lead in an opportunity to sew a Christmas basket, Thursday, **November 17, at 8:30am**. Angela will contact all registered participants for information regarding the supplies needed. If you need any assistance, please let Beverly know. Please bring your sewing machine and sewing tools if available. These are not required; however, welcomed. **Please register for this great time of sewing and fellowship by November 10**. Class Size Limited Eight.

**ARCHERY** – **Thursday, November 17, we are leaving the center at 2:30** and going to Soul Hunters climate-controlled center for the opportunity to enjoy archery! \$3.00 per person. We will return to the center by 4:30 pm. Please register.



**Movie & Popcorn**—Sign up today for a movie and popcorn here at the center! **Friday, November 18, at 1 pm**. Please register by: November 10.

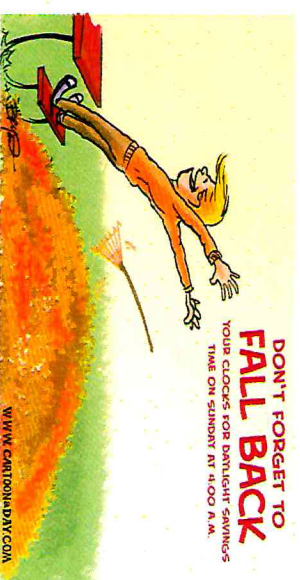
**PAINTING CHRISTMAS GIFT BAGS** – **Friday, November 18 and Monday, November 21**, we will gather to paint Christmas Gift Bags at **10:30am**. Cost \$1.00 each.

**Elizabeth City Shopping Adventure** - Tuesday, **November 22**, we will leave the center at 8:30 am, to shop locally for the Conlon Way Shopping Experience which includes Hobby Lobby and many more opportunities. We will depart for lunch at 11:30 am, enjoy lunch on your own, continue shopping at Southgate Mall and return to the center by 3:30 pm. Please register by November 17. Transportation is limited to 14 people.

**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 **Wednesday, November 23, from 10:30-11:30am** to learn and to play! This game is available Monday through Friday for members to enjoy on their own or with a group.

**SHUFFLEBOARD** – We are playing Shuffleboard, **November 28, at 10:30am**. Come and join us for this game known as deck or floor shuffleboard, 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.

**TWO-STEP & THE ELECTRIC SLIDE** – Join us Wednesday, **November 30**, at 10:30am. Mamie, Sera & Shirley will return to continue leading us in the two-step and the Electric Slide. Thank you, Mamie, Sera and Shirley!





## 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** – You are welcome to join us as Ms. Peggy leads us Wednesday, November 2, at 10:30 am for Handbells.

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

**BIRTHDAY CELEBRATION** – November birthdays will be celebrated on Wednesday, November 2, right after lunch is served! Please let us know if you celebrate your birthday in November.

**BOWLING** - Seniors bowl on Tuesdays starting at 1 pm 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 1 pm.

**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 game.

**CHOIR** – The choir will meet for practice, Thursday, November 3, 2022, at 1 pm. Thursday, November 10, the choir will meet at the center at 11:15 am, enjoy lunch at Chick-fil-A, singing provided at Heritage Care 1:30 pm; Thursday,

November 17, the choir will meet at the center at 11:15 am, have lunch at Wendy's, and sing at Primetime at 1 pm.

Thursday, November 20, Burgess Baptist Church Singpiration, Streets of Gold, 6:00 pm. November 24, Thanksgiving Day.

**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 registration and waiver on file in order to use the equipment.

### **Monday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Train Dominoes  
12 Noon - Afternoon Games  
1:00 pm Mah-Jongg  
1:00 pm Bridge

### **TUESDAY**

10:00 am Line Dancing  
12:00 pm -Afternoon Games  
1:00 pm Yarn Corner  
2 pm Zumba

### **Wednesday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Train Dominoes  
12 Noon -Afternoon Games  
1 - 3 pm BINGO

### **Thursday**

9:00 am TOPS  
12 Noon - Afternoon Games  
6:00 pm Line Dancing

### **Friday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Afternoon Games



**GAME ROOM** - We have 2 billiards tables, Table Tennis tables, as well as darts available in this room. A foosball table is also available. Open **Monday - Friday, 8:30 am-4:30 pm**.

**LINE DANCING** - Come join us for Line Dancing, each **Tuesday morning at 10:00 am** and/or the **Thursday evening** class which meets at 6pm. Mike and Lorraine are leaders for both classes. Thank you, Mike and Lorraine. Donations accepted!

**MAH-JONGG** - Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We need more players. Terri Valentine has volunteered to teach this game and will resume soon. Please let Beverly know if you would like to play/learn this game. Come and join us **Mondays at 1pm**.

**MASTER GARDENERS** — Master Gardeners, Annie Nofsinger, Penni and Tiffany lead members this month. We will meet **Tuesday, November 15, at 9 am** to harvest sweet potatoes and prepare the garden for winter.

**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 are enjoying these games!

**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, November 3 and November 17**. 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.

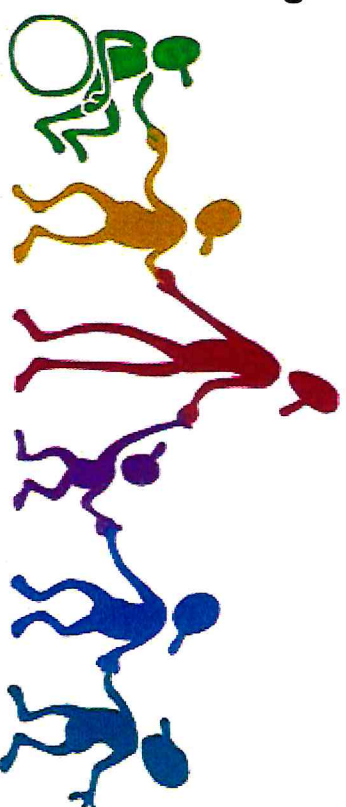
**TRAIN DOMINOES** - Each Monday, Wednesday and Friday, we gather to play Train Dominoes at noon. Come and play or come to learn and play.

**VAN SHOPPING TRIP** - This month's van trip will be on **Tuesday, November 8**. We will depart at 9:00 am and return by 4:00 pm - \$3.00 per person. Please make your reservation by Friday, November 7. We will travel to Lynnhaven Mall in Virginia Beach 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, Thursday, November 10, 2022 at 2 pm. \$3.00 per Session.

**ZUMBA** - Cynthia Elliott is offering Zumba, each Tuesday, November 1, 15 & 29 this month at 2 pm, \$5.00 Session Fee. Alternating Tuesdays will be with Zumba Video. 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.



**Note:**

Charges may apply to some of our activities / crafts. Please see Flyer upon sign-up of event for such fee(s).



#### **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 805-408-1212 or [ncshiip@ncdoi.gov](mailto:ncshiip@ncdoi.gov).

Appointments for your annual review here at the center will be scheduled for Thursday, November 10th and Tuesday, November 15<sup>th</sup>. These appointments are limited and by preregistration only. Should you not register for review here at the center and would like to meet in person for your review, please contact Jasmine Wilson or Ashley Lamb at your earliest convenience in order that you may receive assistance.

#### **WHO TO CALL:**

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

Jasmine S. Wilson  
Aging Program and Contract Specialist  
[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 sixteen 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.



*We also offer....*

- ♦ Archery
- ♦ Bingo
- ♦ Charter Bus Trips
- ♦ Choir
- ♦ Congregate Meals
- ♦ Educational Speakers
- ♦ Exercise Equipment
- ♦ Exercise Programs
- ♦ Gardening
- ♦ Hand Bells
- ♦ Health Screenings
- ♦ Indoor Games
- ♦ Line Dancing
- ♦ Meals on Wheels
- ♦ Monthly Day trips
- ♦ Monthly Shopping Trip
- ♦ Outdoor Games
- ♦ Paint/Crafts
- ♦ Puzzles
- ♦ Senior Games Participation
- ♦ Sewing
- ♦ Tai-Chi
- ♦ TOPS
- ♦ Walk with Ease Programs
- ♦ Monthly BP checks

- ♦ Yarn Corner
- ♦ Yoga
- ♦ Zumba
- ♦ Much More!!!

### Statement of Purpose

The mission of the Perquimans County Senior Citizens Center is to seek to improve and enhance the quality of life of our older adult population and to promote their participation on all aspects of community life.

## 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.

**Our goals are for everyone to have great fellowship, feel welcomed, to participate and enjoy fitness opportunities and fun here at the Center!**

**- Staff**



*Did You Know....*

You Must be 55 years or older to join the fun at the Senior Center!  
You must be 60 years or older to participate in congregate meal!

