

PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944

Hours of operation: Monday—Friday 8:00 AM—5:00 PM

(252) 426-5404

The Perquimans County
Center for Active Living
and Nutrition Site
Will be closed to observe

April 7, 2023

Good Friday



UPCOMING ADVENTURES!

NASHVILLE ~ “Music City” & Pigeon Forge, TN –
Nashville, TN—September 24—28!

Your 5 Day/4 Night Nashville Package Includes, 4 Nights;
Breakfasts at your Hotel; 3 Wonderful Dinners; 2 Evening
Receptions at your Hotel with Hot Food and Beverages.
Dinner Show at the Nashville Nightlife Theater; Evening at
the Grand Ole Opry; Luncheon Cruise aboard the General
Jackson Showboat Including Live Entertainment; Dinner
and A Show in Pigeon Forge, Guided Tour of Nashville
(Music City, The Parthenon, Upper Room & Chapel
Museum, Bicentennial Park); Exploring the Opryland
Resort. **For Information and/or Reservations, Please**
Contact: Beverly Gregory @ 252-426-5404. **Date of Trip:**
Sept. 24 – Sept. 28, 2023/**Price:** \$899.00 Per Person –
Double Occupancy.

Travel Protection: Travel Protection can be purchased at
\$92.00/person double occupancy. If you wish to purchase
Travel Protection, please send in a separate check made
payable to the PML Travel & Tours. Travel Protection should
be purchased at the time of your initial deposit to ensure full
benefits. **Insurance premiums are non-refundable.** Group
cancellation policy applies. First Deposit of \$100 due May
16, 2023. Second Deposit \$400.00 is due June 16, 2023.
Final Deposit of \$399.00/single or \$639.00/Double is Due
by July 25, 2023.





Monday

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

TUESDAY

10:00 am Line Dancing
 11:30 am Lunch
 12:00 pm -Afternoon Games
 1:00 pm Yarn Corner
 2 pm Chair Yoga
 2 pm Zumba

Wednesday

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

Thursday

9:00 am TOPS
 11:30 am Lunch
 12 Noon - Afternoon Games
 2 pm T'AI CHI
 6:00 pm Line Dancing

Friday

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

WALK WITH EASE — Past participants meet at 8:30 am, for warm up and the next class will be schedule 2024. 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. The past eighteen sessions, six-week class has concluded, and participants are meeting at **8:30 am Monday, Wednesday, and Friday**, we start with warm up exercises, stretching and walking.

YARD SALE: - April 1, 2023; 8 am to 12 pm. Rental spaces will be available, (Costs \$15.00 for space and \$20.00 W/Table set up). We Welcome donations and they will be accepted on the following dates: March 27, 28 & 29, 2023.

COOKING W/TINA— Cooking with Tina! **April 3, at 10:30**, Tina will prepare an easy focaccia with an herb and veggie garden design on top! Sounds delicious, come and join the fun.

SHAG - Looking to learn to Shagg? Starting **April 3, at 10:30 am**, and continuing each Monday at 10:30 am for 6 weeks. Annette and Lenny Peaden, have volunteered to provide this opportunity with your commitment for 6 weeks. Come and learn to Shag Dance it is a slower, more casually paced eight-step dance set to the popular “Beach Music” style. The pattern is counted as “one-and-two, three-and-four, five-six” and is similar to Swing Dancing. Perhaps it’s why the dance has also been called the “swing dance of the South.” **Please register by March 30th.**



SENIOR GAMES - **April 4.** Beginning at **9:00 am** at the Parks and Rec. and at all other times and location as scheduled.

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 2023 and be a resident of North Carolina for three (3) consecutive months each year. Registered participants, please join in this opportunity of fun, fitness, and fellowship!

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, April 5, at 10:15 am**, our local EMS team will be available to check your blood pressure and vital signs.

EASTER CELEBRATION — April 5, at 10:30 to 11:25am. Come and enjoy fellowship with games, laughter and great FUN!

MASTER GARDNERES: - Hello SPRING! Join us as we enjoy the preparations, planting and later..... the Harvest from our community garden. Vinny has already planted asparagus & spearmint in pots. Mrs. Diane planted cat & kittens (succulents) in the rain gutters. We've also planted radishes, beets and onions. Each Wednesday in April, starting **April 5, at 12:00 Noon** and continuing April 12, 19 and 26, we will meet to tend the gardens. Please bring pine cones for beds/pots as filler and we need everyone to help with the watering!

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 6, from 9-11:00 am**.

MOVIE— April 11, TBA

HEALTHY HEART NEWS: - **Wednesday, April 12, at 10:30 am**, Shayla Hayes, our local Public Health Education Specialist with the Albemarle Regional Health Services, will bring Healthy Heart News to us! Please save the date and join us.

ACRYLICS FOR BEGINNERS — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, April 13**. Cost is \$5.00. Registration is limited to eight participants. Please register by Monday, April 10.

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!!!



WATERCOLOR WITH TINA FIELDER: **Thursday, April 13, at 1:30.** Tina will lead us in watercolors. Please register by Monday April 10. Class size limited to eight participants. Cost \$15.00.



ARCHERY — **Thursday, April 13, we are leaving the center at 2:30 pm** 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 by April 10.

BELLS WITH MS. PEGGY— You are welcome to join us as Ms. Peggy leads, **Wednesday, April, 14, at 10:30 am** for Handbells.

CORNHOLE — Senior Games Practice, **April 17, at 10:30 am.**

HEARING SCREENING— Jennifer Cabe will perform hearing screening **Monday, April 17, at 10:30 am— 2:30 pm.** Available times are on 15 minute increments and times are limited so sign up today!

TIE DYE— We had such a great response to our class in March so we have scheduled another session starting, **April 17, at 1:00 pm** and a second class **April 24, at 1:00 pm** for those unable to attend previous class. Please register and bring with you a 100% cotton item of your choice with you. Each class size will be limited to 8. COSTS: \$5.00 (PER ITEM).

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday, April 18.** Departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, April 14. We will travel to the Greenbrier Mall, VA for this shopping adventure.

BOCCE — **April 19, at 10:30 am.** Practice for Senior Games.

SOLAR LANTERN - **April 20, 2023 at 9:00 am.** Penny will lead in the painting and making of a decorative Solar Lantern for you to paint and display in your yard! Class size limited to 8. Costs: \$5.00. Registration by April 13.

SEW MUCH FUN! - Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, April 20, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by April 13. Sewing machines are needed; however, not required. Costs: \$3.00

PHOTOGRAPHY 101— Photographer Pam Hadden will lead us in basic photography, **Friday, April 21, at 10:30 am.** Please bring your camera, phone or device you will use. Please register by April 13.

CROQUET— **April 25th at 12:30 pm** – We are traveling to Doodle Hill where we have been invited to play croquet at 1pm on this newly designed croquet field. We will leave the center at 12:30 pm and travel for this adventure all the way to Belvidere! Please register to ride with us or to meet us there.

JACK'S EASY LINE DANCING—Jackson Henderson will lead in easy steps for easy line dances, **Wednesday, April 26, at 10:30 am.**

ACRYLICS WITH TINA FIELDER: Thursday, April 27, at 1:30. Tina will lead us in Advance Acrylics. Please register by Monday, April 24, Class size limited to eight participants. Cost \$15.00.

DRUMS ALIVE — This evidence-based drumming wellness opportunity, uses the power of movement, music and rhythm to improve physical, cognitive, social and emotional health. Friday, **April 28, at 10:30 am.**



MAY.....

TAKE BACK YOUR SPACE - Do you find yourself always falling over the clutter in your home? Are you having a hard time sorting through the endless amount of paperwork from over the years! Then you need Take Back Your Space! This is a four-session series focused on decluttering your space. We will be dealing with all areas of clutter including sentimental clutter, medicine clutter, paper clutter, and more. Join Us Monday's in May to learn how to Take Back Your Space for a healthier and happier life!

Join us for a 4 week session on Take Back your Space!! Starting **Monday, May 1, at 10:30 am**, and continuing each Monday, May 8, 15, 22. **Sarah A. Sowders, our Family and Consumer Scientist Agent with the Perquimans County N.C. Cooperative Extension**, will be lead is this 4 week session. Please come and Take Back Your Space!

AARP SMART DRIVERS COURSE— **May 2, from 8:00 am—12:00 Noon.** Brother Bill Thorn will offer the AARP Smart Driver Course. Reserve a seat today! This class will be offered to the first 12 registered participants. Fee for Non-members is \$25.00 and for AARP members is \$20.00. This class offers evidence based safe driving strategies, shares new traffic laws and rules of the road and how to deal with aggressive drivers. Refresh your driving skills today. Please register by April 25, 2023.



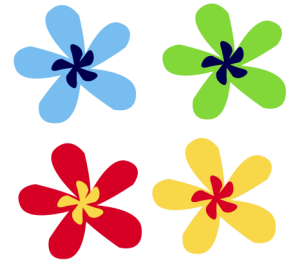
SYLVAN HEIGHTS BIRD PARK – **Tuesday, May 9** leaving the center at **8:30am**. See birds in a whole new way at one of the nation's premier avian conservation and education centers. See rare and endangered waterfowl, parrots, flamingos, toucans, pheasants and much more located in Scotland Neck, NC. Admission fee is \$15 for age 50-61 and \$13.00 for age 62 and better. Please register for this field trip adventure by April 26. Transportation available for the first 14 registered adventurers.



2023 PERFORMING ARTS SHOWCASE - **May 23, 2023 at 2:00 pm.** The Albemarle Senior Games presents the 2023 Performing Arts Showcase. This event will be located at Edenton United Methodist Church, 225 Virginia Road, Edenton, NC. Free Admission, Light refreshments proved at intermission. Please **RSVP by May 1st.** **Registration is requires with the Albemarle Commission by May 8.**

STROKE SCREENING— **May 31 10:00-12:30 pm .** ECU Medicine will provide a stroke screening beginning at 10:00am and concluding at 12:30pm. National Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and to lessen the occurrence of stroke in the U.S. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of stroke — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs due to bleeding. Both conditions cause parts of the brain to stop functioning properly. Reports state that A stroke happens in America every 40 seconds. Please register by May 24.

JUNE.....



FISHING ADVENTURE — **June 1, Save the Date!** We are going on a fishing adventure: Camp Cale, 337 Camp Cale Road, Hertford, NC. Leaving the center at 8:00 am! Arriving at Camp Cale at 8:30 am and will leave at 12:30 pm. We will pack some snacks and you are welcome to bring your favorites for yourself or to share.

Bring your lunch and join us under the pavilion at 11:30am for lunch. Also bring your coolers for your fish, chairs, hats, sunscreen, mosquito spray, fishing pole if you have one, favorite fishing bait and whatever you may need.

Fishing License will be provided for those needed and some fishing poles and bait will be provided.

Please register by May 25th.

POOL PARTY— Summer is Almost Here! Come join us as we enjoy the afternoon in the pool, **Tuesday, June 13, from 1 to 3pm.** We will leave the center at 12:30pm. Wear your swimsuit, take a hat, sunscreen and a bottle of water! We will return to the center by 3:30pm. Thank you Jenny for sharing this opportunity with us.



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.



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 – March birthdays will be celebrated on **Wednesday, April 5**, right after lunch is served! Please let us know if you celebrate your birthday in March.

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, at 1:00 pm**. 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.

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.

CHESS— We are playing Chess on **Wednesdays, at Noon**. Chess is a game played between two opponents on opposite sides of a board containing 64 squares of alternating colors. Each player has 16 pieces: 1 king, 1 queen, 2 rooks, 2 bishops, 2 knights, and 8 pawns. The goal of the game is to checkmate the other king. Come and enjoy this very challenging game!

CHOIR –

Thursday, April 6, at 1:00 pm , the choir will meet for practice at the center.	
Thursday, April 13 , the choir will meet at the center at Noon,	Enjoy lunch together at Story's Seafood with singing provided at 2:00 pm at the Brian Center.
Thursday, April 20 , the choir will meet at the center at 11:30 am ,	have lunch at Taco Bell and sing at Citadel at 1:00 pm.
Thursday, April 27 , the choir will meet at the center at Noon,	have lunch at Chick-fil-A and sing at Brookdale Carolina House at 2:00 pm.

CRIBBAGE: - Cribbage is a card game, usually for two players, in which each player tries to form various counting combinations of cards. We will be playing Cribbage on **Wednesdays, at Noon**. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board. (There is also a five-card variant, as well as four-hand and three-hand variants.)

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 daily **Monday through Friday @ 11:30 am**. *Meals must be pre-ordered on **Monday, Wednesday, Friday for the following weeks meal**. 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: **9 am-1pm 426-8309**. *Donations are needed and accepted!*

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday** starting at **9:30 am**. **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 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 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 **6 pm**. 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 and Marie Pope volunteer to teach this game while we play, **Mondays at 1:00 pm**, Come and join us in the fun!

MASTER GARDENERS — Please come join us, **Wednesdays, April 5, at 12:00 Noon**, and continuing April 12, 19 & 26. Please come and join us for this great opportunity.

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, CRIBBAGE, 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**. This class begins at **2 pm**. 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, March 14.*** We will depart at 9:00 am and return by 4:00 pm - \$3.00 per person. Please make your reservation by Monday March 6. We will travel to Lynn Haven Mall, 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 **1 pm.**

CHAIR YOGA CLASSES - Harriet Marquit will lead Chair Yoga, **Tuesdays, at 2 pm.** \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesday, at **2 pm,** \$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.

Note:

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

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..



Free Tax Help Available in Hertford: The Hertford Rotary Club will be hosting free tax return service again this year. The first available date is February 14th and the last is April 11th. **Call 252 619-7618 for an appointment.**

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

Friday April 14, 2023 at 10:00 am 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.

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.

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

- Staff

Bert Gordon

Beverly Gregory

LuRee Sawyer

Penny Trueblood

Nutrition: Jenny Coppersmith



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

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,

