

**PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING**

**1072 Harvey Point Road**

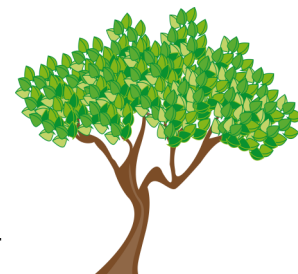
**P.O. Box 615**

**Hertford, NC 27944**

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

***(252) 426-5404***

**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, and Single Occupancy total \$1139.00.

**Travel Protection:** Travel Protection can be purchased at \$92.00/ per person (based on 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.

**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**



**\*\*\*\*2024 ..... SPIRT OF IRELAND TOUR**

**October 12–19, 2024 - Join Us For An Unforgettable Adventure..... Tour includes:** 8 Days / 6 Nights; Round Trip Airfare, Motor Coach Transportation To and From Airport; Transport by Luxury Coach in Ireland / 6 Nights Hotel Accommodations Include:

2 Nights Stay in an Authentic 18th Century Castle; Full Breakfast every morning; 4 Dinners Including a Farewell Dinner and: A special Dinner with Traditional Irish Entertainment. Panoramic Sightseeing Tour of Galway City, Scenic Tour Connemara; Stop at Kylemore Abbey for Photo Opportunity; Visit the Connemara Marble Factory and the Celtic Crystal Factory; Travel to the Majestic Cliffs of Moher; Scenic tour of Dingle Peninsula; Explore the Blarney Woollen Mills; Visit to Blarney Castle where you can kiss the famed “Blarney Stone”; Explore and Enjoy the Singing Pubs of Killarney; Travel by Tipperary and Cashel; Stop at the Historic Rock of Cashel for a Photo-Op; Sightseeing in Dublin; Visit the Guinness Storehouse, enjoy Panoramic views of Dublin from the Gravity Bar; Admission to Book of Kells at Trinity College; All local taxes, hotel service charges & portorage for one suitcase per person. PML Tours Escort for the duration of the trip.

Travel Protection can be purchased \$438.00 person (double occupancy), Price: \$3699.00 Per Person—double Occupancy\* Single Occupancy \$4299.00 **Travel Protection can be purchased \$499.00 (Single Occupancy)**

**For Information & Reservations—Call Beverly Gregory @ 426-5404.**



**Payment Schedule:**

- 1. \$250.00 per person deposit** is due with names June 26, 2023.
- 2. Second Deposit of \$1000.00 per person** is due by **January 25, 2024.**
- 3. Final payment is due by June 6, 2024.**

- 4. Travel Protection** should be purchased at the time of initial deposit.

Cancellation Penalty begins immediately upon receipt of your deposit:

\$100.00 per person penalty upon deposit.

February 1, 2024 \$1,250 per person penalty

June 14, 2024 100% penalty per person.

\*Itinerary and Air Reservations Subject to changes.

**\*Passports required. Passports must be valid for six months after the trip's end date.**



### Father's Day Celebration:

In the United States, Father's Day was founded by Sonora Smart Dodd, and celebrated for the first time in 1910. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday in June. Join us as we celebrate Father's Day, Wednesday, **June 14<sup>th</sup> at 10:30am.**

### ***DID YOU KNOW?...***

"William Jackson Smart was a twice-married, twice-widowed [Civil War](#) veteran and father of 14 children, one of whom dedicated her life to the creation of [Father's Day](#) in honor of her devoted and selfless dad.

The story goes that William's daughter, Sonora Smart Dodd, was attending one of the first official [Mother's Day](#) services in 1909 at her church in Spokane, Washington, when she had an epiphany—if mothers deserved a day in honor of their loving service, why not fathers?

When Sonora was 16, her mother Ellen died, leaving William as a single father to Sonora and her five younger brothers. And by Sonora's account, he performed brilliantly. "I remember everything about him," Sonora said many years later to the *Spokane Daily Chronicle*. "He was both father and mother to me and my brothers and sisters."

Sonora's mother Ellen, herself a widow, had three children from a previous marriage. On top of that, William had also been married and widowed before he met Sonora's mother. William had five children with his first wife, Elizabeth, who were already grown when William became a widower for the second time.

In 1910, Sonora brought a petition before the Spokane Ministerial Alliance to recognize the courage and devotion of all fathers like William on June 5, her dad's birthday. The local clergy liked the idea of a special Father's Day service, but couldn't pull something together so quickly, so they settled for June 19, the third Sunday in June.

On that first Father's Day in 1910, church sermons across Spokane were dedicated to dear old dad, red and white roses were passed out in honor of living and deceased fathers, the mayor of Spokane and governor of Washington issued proclamations, and Sonora found her calling. She would spend much of the next 60 years pushing for the official recognition of Father's Day as a national holiday."

Betsy Roddy, the great-Granddaughter of Sonora Smart Dodd, Holds a Copy of the August 17, 1910 Edition of the River Press of Fort Benton, Montana. The newspaper was one of the first to report on Earther's Day. An Event held for the first time in June of that year in Spokane, Washington.

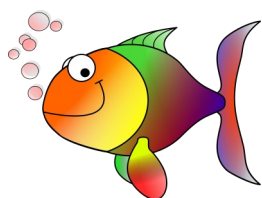


**Update on SHAG—** The Elizabeth City River Shag Club invites all those which took lessons with leaders, Annette and Larry, together with Peggy and Lester, to join them Wednesday evenings at 6pm. They meet at the CPOA Club (behind Pizza Hut in Elizabeth City) 514 Cardwell Street, Elizabeth City. The first visit is without charge, and the fee thereafter is \$3.00. They enjoyed the opportunity to meet everyone and may offer lessons again in the future.

**\*Update: ZUMBA—** We have a schedule change: Zumba with leader Dee Spruce, will now be enjoyed on Friday mornings, @10:30 am.

## ***JUNE.....***

**WALK WITH EASE** — Past participants meet at 8:30 am, for warm up stretching, walking. Next class will be scheduled in 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.

**FISHING ADVENTURE** — June 1, at 8:00 am 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 11:30 am 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 need. Fishing License will be provided for those needed and some fishing poles and bait will be provided. A waiver provided by Cale is required and will be available.

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

**SHUFFLEBOARD** — June 2, at 10:30 am.

**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, June 5 at 10:30 am, for the final session on how to Take Back Your Space for a healthier and happier life!

*We also offer....*

- ♦ Archery
- ♦ Bingo
- ♦ Charter Bus Trips
- ♦ CHESS
- ♦ 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!!!

**MASTER GARDNERES:**     **In the News of Gardening!** Cucumbers, turnips and Red Bell peppers donated by Vinny. Roberta Manzer has donated herbs to our garden; parsley, rosemary, thyme, basil, chives and sage, also we have oregano, and pineapple sage, planted radishes, beets and onions. Mustard greens planted in the rain gutters, and planted a perennial butterfly garden mix. What exciting announcement, each Wednesday in June starting, **June 7, at 8:30 am** we will meet to tend the garden. Please come out and support this wonderful opportunity and the good feeling of growing your vegetable and fruits. We need everyone with the watering, tending to and fellowship, we will all enjoy the harvest!

**MORRIS FARMS/GRANDY MARKET & LUNCH BELCROSS BAKERY** — Traveling to Morris Farms, Grandy Market and have lunch at Belcross Bakery, **June 6**, leaving the center **at 8:30 am**.

**Sarah A. Sowders, our Family and Consumer Science Agent with the Perquimans County N.C. Cooperative Extension**, will lead in this last scheduled session.

**BLOOD PRESSURE & VITAL SIGNS** - **Wednesday, June 7, at 10:15 am**, our local EMS team will be available to check your blood pressure and vital signs.



**HANDBELLS** — You are welcome to join us as Ms. Peggy leads us **Wednesday, June 7, at 10:30 am** for handbells.

**ACRYLICS FOR BEGINNERS** — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, June 8**, Cost is \$5.00. Registration is limited to eight participants. Please register by Tuesday, June 6.

**WATERCOLOR WITH TINA FIELDER:** **Thursday, June 8, at 1:30.** Tina will lead us in watercolors. Please register by Tuesday, June 6. Class size limited to eight participants. Cost \$15.00.

**WEAAD WALK** — **June 9, 2023 @ 10:00 am to 2:00 pm**, 8th Annual World Elder Abuse Awareness Day. Walk will begin at the Pasquotank County Courthouse and ends at Mariner's Wharf Park on the waterfront. Pre-registration was due by May 12. Leaving Center @ 9:00 am.

**CREATIVE WRITING W/ILENE** - Ilene Hardison will lead in Creative Writing Moments, **Mondays, June 12, July 10 and August 14, at 10:30 am**. This informal opportunity will provide leadership in the components found in creative writing, which may include:(1) Connecting, or at least attempting to connect with the reader's emotions, (2) writing from a specific point of view, organizing the text around a narrative structure which shapes how the reader interacts with the content and using imaginative and or descriptive language. Please bring your favorite notebook, pencil and enjoy this great opportunity.

**AMERICAN SIGN-LANGUAGE** — Starting **June 13th, @ 9:00 am**, and continue each Tuesday, for 3 weeks from 9am – 10am . Class will focus on fingerspelling, numbers, basic sign vocabulary for simple communication, and some basic Deaf Culture. You will learn vocabulary including colors, family relationships, foods, question words, feelings/adjectives, and a variety of other topics. Meredith De Naples is deaf and is a regional center manager who covers 24 counties in Northeast of North Carolina.

### Monday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon—Chess

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 Noon—Chess

12 Noon -Afternoon Games

1:00 pm Yarn Corner

2 pm Chair Yoga

### 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

10:30 am Zumba

11:30 am Lunch

12 Noon - Afternoon Games

12 Noon - Train Dominos

**POOL PARTY**— Summer is 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 3:30 pm. Thank you Jenny for sharing this opportunity with us.

**FATHER'S DAY CELEBRATION**— **Wednesday, June 14, at 10:30,** join us as we gather in honor of Father's Day with fellowship, game and special treats.

**SEW MUCH FUN!** - Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, June 15, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by June 12. Sewing machines are needed; however, not required. Costs: \$4.00

**ARCHERY** – **Thursday, June 15, 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 June 12.



**BOCCE**— **June 16, at 10:30 am**

**PHOTOGRAPHY**— Photographer Pam Hadden will lead us in basic photography, **June 16, at 10:30 am.** Please bring your camera, phone or device you will use. Please register by June 12.

**SHUFFLEBOARD**— **June 19, At 10:30 am.**

**TIE DYE** — **June 19, at 1:00 pm.** Please register and bring with you a 100% cotton item of your choice with you. Item should be washed in cold water and dried prior to class. **Each class size will be limited to 8.** COSTS: \$5.00 (PER ITEM).

**VAN SHOPPING TRIP** - This month's van trip will be, **Tuesday, June 20.**

Departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, June 16. Shopping will be in the Greenbrier area, Virginia for this shopping adventure.

**BREAD MAKING** — Bread Making: Have you ever wanted to make homemade bread but felt as if it was too hard to do? Then this is the class for you. Come to the Bread Baking 101 class and learn the basics of bread baking through hands on demonstrations. We will be learning how to make Whole Wheat Bread and Apple Cinnamon Bread. **June 21, at 10:30 am,** with Sarah A. Sowders, our Family and Consumer Science Agent with the Perquimans County N.C. Cooperative Extension.





**ACRYLICS WITH TINA FIELDER:** **Thursday, June 22, at 1:30.** Tina will lead us in Advance Acrylics. Please register by Monday, June 19, **Class size limited to eight (8) 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, **June 23, at 10:30 am.**

**TWO-STEP & THE ELECTRIC SLIDE** — Join us **Monday, June 26 at 10:30 am.** Shirley, Mamie & Sera will return to continue leading us in the two-step and the Electric Slide.

**LUNCH & A MOVIE** — **June 27, 2023 Save the date to enjoy a movie and lunch together!** Movie and showtime will be provided upon theater announcements.

**IMPACTS OF FRAUD** — Impact of Fraud and the Banking Industry, Crystal Howard, Assistant Vice President, Branch Manager of our local PNC Bank, will meet with you, Wednesday, **June 28, at 10:30 am** and talk with us regarding the impacts of fraud in our community and our daily living.

**CERAMICS W/PENNY**— Come join us as we prepare a ceramic craft, June 29, @8:30 am, Costs: \$3.00. please register by **June 28.**

**BOCCE**— **June 30, At 10:30 am.**

***JULY.....***



**Let's Go Swimming:** The YMCA located in Elizabeth City has offered an opportunity for open swimming, the fourth Tuesday of each month from 12:15pm to 1:15pm. Each session has a fee of \$8.75. This opportunity will begin Tuesday, July 25, 2023. **Acceptance by the center of this opportunity will be dependent upon interest of members.** Please register at the center front counter **prior to June 21,** if you are Interested in participating in this swimming opportunity.

**July 5** —- Handbells with Ms. Peggy 10:30am

**July 5 — HISTORY FOR LUNCH: Museum of the Albemarle is offering this upcoming and exciting event:** The seventeenth century Albemarle: The Goodliest Lande or Rogues' Harbor? Leaving center 10:30 am

**July 10** - Creative Writing 10:30am

**July 11** – Thrift Store Shopping

**July 12** – Independence Celebration at 10:30am (Hotdogs with Chips)



**July 17 — 10:30AM. Our State Tarheel Legislative Representative Jo-Ellen Hutto**, will bring to us the news from her most recent legislative visit. The North Carolina Senior Tar Heel Legislature (NCSTHL) was created as a nonpartisan, unicameral body by the North Carolina General Assembly (NCGA) with the passage of Senate Bill 479 in July of 1993.

The statute describes the goals of the NCSTHL:

- \*To assess the legislative needs of older citizens by convening a forum modeled after the NCGA.
- \*To promote citizen involvement and advocacy concerning aging issues before the NCGA.
- \*To develop a nonpartisan forum for older North Carolinians to discuss senior citizens' issues.
- \*To provide information and education to senior citizens on the legislative process and matters being considered by the NCGA.

To provide older North Carolinians an opportunity to become more knowledgeable about the legislative process. Members of the NCSTHL are volunteers from all walks of life. Each of North Carolina's 100 counties may select one delegate and one alternate to the NCSTHL for a two-year term. Appointees must be age 60+ and a resident of the county, but they do not have to be born in North Carolina. The common denominator among the NCSTHL members is a passion to give a voice to those who are at the margins in their advanced years. The NCSTHL is a force assembled to ensure that older adults from all walks of life can age with choice: Choice of setting, supports, and options to ensure quality of life, health, and well-being.

**July 19 — HISTORY FOR LUNCH: Museum of the Albemarle is offering this upcoming and exciting event:** Lecture and Book signing: Ship of Blood. Wednesday July 19, Noon—1 PM. Leaving center at 10:30 am.

**July 20 — Basket Weaving 8:30 am with Sarah A. Sowders, our Family and Consumer Science Agent with the Perquimans County N.C. Cooperative Extension.**

## ***AUGUST.....***

**August 2— HISTORY FOR LUNCH: Museum of the Albemarle is offering this upcoming and exciting event:** Portsmouth Village, The National Register of Historic Places and Black History. Wednesday, August 2, Noon—1 PM. Leaving the Center at 10:30 am.





**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** – June birthdays will be celebrated on **Wednesday, June 7**, right after lunch is served! Please let us know if you celebrate your birthday in June.

**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 **Monday, Tuesday and 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, June 1, at 1:00 pm, the choir will meet for practice at the center.	
Thursday, June 8, the choir will meet at the center at 11:45 am	Enjoy lunch together at <b>Burger King</b> with singing provided at 2:00 pm at <b>Primetime</b> .
Thursday, June 15, the choir will meet at the center at 11:45 am	have lunch at <b>Quality Seafood</b> and sing at at 2:00 pm, <b>Heritage Care</b> .
Thursday, June 22, the choir will meet at the center at 11:45 am	have lunch at <b>Story's Seafood</b> and sing at the <b>Brian Center</b> at 2:00 pm.
Thursday, June 29, the choir will meet at the center at 11:45 am	have lunch at <b>Dairy Queen</b> and sing at <b>Chowan River Rehab</b> at 2:00 pm.

**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 by noon each day for the following 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, foosball table as well as darts available in this room. 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! They will not have class, Tuesday, June 27 nor Thursday, June 29.

**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, at 8:30 am**. 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, 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, June 20**. We will depart at 9:00 am and return by 4:00 pm - \$3.00 per person. Please make your reservation by Friday, June 16. 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 **1 pm**.

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

**ZUMBA** - Zumba is being offered on, **Fridays, at 10:30 am**, costs: \$5.00 session Fee. This aerobic fitness program features movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

**Note:**

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

## 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 June 9, 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.

### 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

### Statement of Purpose

The mission of the Perquimans County Center for Active Living 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.

### 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.

#### *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 County Center for Active Living

**252 426-8309**

**Jenny Coppersmith, Nutrition Manager**