

**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 / Phone: (252) 426-5404**



**UPCOMING ADVENTURES!**

***Ark Encounter & Louisville, KY— April 15-19, 2024***

***Your 5 Day / 4 Night Package Includes:***

**Experience the Ark Encounter**

Features a full-size Noah's Ark, built according to the dimensions given in the Bible.

Learn how Noah could have cared for the animals and how the Ark was big enough to fit them on board!

◇ Dinner @ Emzara's kitchen at the Ark Encounter.

**Visit The Kentucky Derby Museum & Churchill Downs-** The Kentucky Derby Museum is one of the premier attractions in Louisville celebrating the tradition, history, hospitality and pride of the work-renowned event that is the Kentucky Derby.

**Dinner Show at the Derby Dinner Playhouse**—You'll enjoy a wonderful meal and fabulous Broadway-Style Musical Show at one of the oldest and largest continually operating professional dinner theaters in the country.



**Admission to the Creation Museum** at the 75,000 square-foot Creation Museum, the pages of the Bible come to life. Standard Taxes, Baggage Handling & Meal Gratuities, Deluxe Motor Coach Transportation.

For Information and/or Reservations, contact: Beverly Gregory @ 252 426-5404.

Price: \$799.00 per person—Double Occupancy. Single Occupancy: \$1,059.00. Travel protection \$92.00 (double occupancy) and \$119.00 (single) per person. **Reservations and Deposit welcome at this time.**

**First Deposit amount \$250.00 (or more is accepted) due by January 8, 2024. Final payment of \$549.00 each if two in a room or \$809.00 if single occupancy due by February 19, 2024. One piece of luggage per patron w/an additional carry-on to be stored in the overhead compartment.**

## **JOURNEY TO THE HEART 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 \$438.00 (Double Occupancy) & \$499.00 (Single Occupancy)**

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

### **Payment Schedule:**

1. \$250.00 per person deposit and registration will be accepted through September 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.**

## Don't be a target of healthcare fraud!

**Protect / Detect / Report**

Treat your Medicare, Medicaid and Social Security numbers like a credit card number.

Never give these numbers to a stranger.

Remember, Medicare doesn't call or visit to sell you anything!

### MEDICARE OPEN ENROLLMENT

Medicare open enrollment begins 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 [ncshiiip@ncdoi.gov](mailto:ncshiiip@ncdoi.gov).

Appointments for your annual review here at the center will be scheduled for Tuesday, November 7th and Thursday, November 16<sup>th</sup>. **These appointments are limited and preregistration required.** Should you not register for review here at the center and would like to meet in person for your review, please contact Jasmine Wilson 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**

Jasmine has experience with the North Carolina Seniors Health Insurance Information Program and is an excellent educator with compassion for the older population. Her office is located at the Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC.

## September

**MASTER GARDNERES:** In the News of Gardening! Cucumbers, tomatoes and purple hull peas harvested. Picked flowers for a beautiful bouquet! Herbs and pepper plant are looking good. We've enjoyed our 1st watermelon and cantaloupe for a yummy center treat! We will continue, each **Wednesday, at 8:30 am**. Please come out and support this wonderful opportunity and the good feeling of growing your vegetable and fruits.

**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.



**MASTER FOOD DEMO** — Sarah Sowders, Family and Consumer Sciences Agent with our Perquimans County N.C. Cooperative Extension, will provide a healthy food demonstration **Friday, September 1, 10:30a.** This presentation is in support of the market produce vouchers recently provided by the North Carolina Seniors Farmers' Market Nutrition Program and the many opportunities of produce and vegetables offered at our local markets during recent and upcoming months.



**LABOR DAY (CLOSED)** — **September 4, 2023 Center will be closed in observation of Labor Day.**

**LUNCH** — **September 5, 2023** We will be leaving the center at 11:00 am and traveling to Van's Pizza House in Elizabeth City to enjoy lunch. Arts of Albemarle will be our adventure destination after lunch and prior to returning to the center.

**EMS TEAM BASIC UPDATE** - **Wednesday, September 6, at 10:00 am,** Jonathan Nixon, Emergency Services Director and Team, will provide an **EMS update** to our members.

**CROQUET TOURNAMENT** — Albemarle Croquet will be hosting a croquet tournament. Travel on your own to watch during September 7 through 10th. On **September 7th, at 9:00 am,** we will travel to watch this event. Leaving the center at 9:00 am, returning by 11:30 am, no charge to attend.

**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, September 7, from 9—11:00 am.**

**BEGINNING STAMPING** — Merry Johansen will lead "Beginning Stamping", **Thursday, September 7, at 1 pm.** Class size is limited to 10.

**ELECTION/VOTER UPDATE** — Do you know of the upcoming new requirements for the voting process? Jackie Greene, Perquimans County Board of Elections Director, will provide updates of Voter Requirements and information regarding the upcoming elections/ process, **Friday, September 8, 2023 at 10:30am.**

*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!!!



**MED INSTEAD OF MEDS** — Starting September 11th, 18th, 25th, Oct. 2nd, 9th, and 16th, at 10:30 am.

Med Instead of Meds is a **six-session class series** focused on eating healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1–2 simple steps, a mindfulness skill, and features Med Way recipes. Food demonstration and/or cooking instruction is included in each session.

**VAN SHOPPING TRIP** - This month's Shopping trip will be, **Tuesday, September 12**, Departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, September 8. We will travel to Williamston.

**ECU MEDICINE PRESENTS / FALL PREVENTION:** — **September 13, at 10:30 am.** We will welcome Vidant Team Members to bring us Fall Prevention Education and Simple tips to prevent falls. Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures, from reviewing your medications to hazard-proofing your home. Please join us as we hear how to improve our health and quality of life.

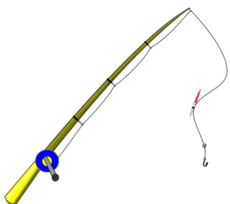
**Paint Glass (Chrysler Museum) w/Sandra** — **September 14, at 9:00 am.** Sandra's acrylic class will travel to Chrysler Museum in Norfolk, Virginia. This museum has 50 galleries with 30,000+ objects, an interactive space for kids and families, and an incredible glass studio. Admission is free. Participants will enjoy lunch on their own prior to returning to the center.

**PHOTOGRAPHY 101** — Photographer Pam Hadden will lead us in basic photography, **Friday, September 15 at 10:30 am.** Please bring your camera, phone or device you will use. Please register by September 11.

**Second Session MED INSTEAD OF MEDS** — September 18th, 25th, Oct. 2nd, 9th, and 16th, at 10:30 am. Med Instead of Meds is a six-session class series focused on eating healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1–2 simple steps, a mindfulness skill, and features Med Way recipes. Food demonstration and/or cooking instruction is included in each session.

**CHRISTMAS PARADE** — The Perquimans County Christmas Parade is Saturday December 2, 2023 at 2pm. The official line up meeting time is noon. "Twas the Night Before Christmas" is this year's theme while celebrating the parade's 200 year anniversary. All members interested in helping with design and creating the parade entry and/or participating in the parade please join us **Monday, September 18 at 12:30pm.** You are invited to be a part of this celebration! We hope to see you Monday, September 18 at 12:30pm.

**FISHING ADVENTURE** - Let's go Fishing! Fishing Adventure at Holiday Island, leaving the center at **7:45 am, September 19.** Members you are invited to join us as we go to Holiday Island Park for a time of fishing and fellowship. Hotdogs will be provided for lunch for any who register. Bring a snack or side dish to share. Please also bring, chairs, hats, sunscreen, insect repellent, your own cooler and water and expect great fellowship. A one-time fishing license has been procured for any without license. Please register by: September 12. We will return to the center by 2 pm.





# FALLS ARE NO LAUGHING MATTER

Trips and slips may be the subject of many humorous videos, but falls are also the **#1 reason** for hospital visits nationwide.



## CONSIDER...

**15**

consecutive years falls have been most common injury-related cause for hospitalization at Westchester Medical Center, the Hudson Valley's Level I adult/pediatric trauma center

**1 in 5 falls** result in serious injury, such as a fracture



**33%**

of falls for people 65+ result in a traumatic injury

**75% of falls** occur in the home



If you would like additional safety information or would like to schedule the workshop **Staying Active and on Your Feet** for your organization, please contact Angela Katz at 914-493-5846 or [angela.katz@wmchealth.org](mailto:angela.katz@wmchealth.org)



Sources: Center for Disease Control and Prevention; Trauma services at Westchester Medical Center/Maria Farel Children's Hospital and Mid-Hudson Regional Hospital.

Many falls are preventable. Don't "fall" for these hazards:



### Clutter

Clear home and work spaces



### Scary staircases

Install handrails



### The dark

Use brighter lights... and turn them on!



### Things in high places

Place frequently-used items on lower shelves



### Medication side-effects

Review and understand medications to reduce chances of lightheadedness to minimize risks



### Your pride

Know your physical limits

## HEALTH CARE PROVIDER / FALL PREVENTION

— **September 20**, at 10:30am. Shayla Hayes, our local Albemarle Regional Health Educator will share insight for fall prevention and healthy living guidelines. September is National Falls Prevention Month, a time to raise awareness about falls and the steps we can all take to prevent them. Falls are particularly common — and dangerous — among adults over the age of 65. According to the **National Council on Aging**, one out of every four older adults will fall each year, and falls are the leading cause of fatal injury among older adults.

**ACRYLICS FOR BEGINNERS** — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, September 21**. Registration is limited to eight participants. Cost is \$5.00. Please register by Monday, September 18.

**SEW MUCH FUN!** — Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, September 21, @ 1:00 pm**. Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by September 14. Sewing machines are needed; however, not required. Costs: \$4.00

**ARCHERY** — **Thursday, September 21**, we are leaving the center at **2:30 pm** and going to Soul Hunters climate-controlled center for the opportunity to enjoy archery! We will return to the center by 4:30 pm. Costs: \$3.00 per person. Please register by September 18.

**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, **September 22, at 10:30 am**.

**LUNCH (TEXAS ROAD HOUSE RESTAURANT)** — Join us, **September 22, leaving center at noon**. for a lunch trip to Texas Road House Restaurant, Chesapeake, Virginia and returning by 4 pm.

**Monday**

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

**Tuesday**

10:00 am Line Dancing  
11:30 am Lunch  
12 Noon Afternoon Games  
12 Noon Chess  
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 Afternoon Games  
12 Noon Train Dominoes  
12 Noon Chess  
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

**MED INSTEAD OF MEDS** — September 25th, Oct. 2nd, 9th, and 16th, at 10:30 am. Med Instead of Meds is a six-session class series focused on eating healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1–2 simple steps, a mindfulness skill, and features Med Way recipes. Food demonstration and/or cooking instruction is included in each session.

**LUNCH & A MOVIE** — September 26. Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.

**TWO-STEP & THE ELECTRIC SLIDE** — Join us Wednesday September 27, at 10:30 am. Shirley & Mamie will return to continue leading us in the two-step and the Electric Slide.

**MARKET BASKET WEAVING**— Basket Weaving, September 28, 8:30 am with Sarah A. Sowders, our Family and Consumer Science Agent with the Perquimans County N.C. Cooperative Extension. Reeds will be utilized and the cost is \$10.00. (Class size limited to 12), Registration by September 22.

**ACRYLICS WITH TINA FIELDER**: No Class September/October. Will resume in November.

**SHUFFLEBOARD** — September 29, at 10:30 am.

**ADVANCE CARE WORKSHOP CONCLUSION** - Ellie Ward, BSN, RN Advance Care Planning Coordinator will return to answer any questions regarding Advance Care Planning, September 29, at 10:30 am.

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



## ***SAVE THE DATES:***

### ***October.....***

**October 3** — Lunch (The Herringbone) Edenton Downtown Shoppe. Leaving Center at 11:00 am.

**October 17** — NC State Fair: Tuesday, (14) Fourteen Members may travel with us to the NC State Fair. We plan to leave the center at 6:30 am. Adults age 65 or better will have free admission. General admission for under age 65 is \$13.00. Cost for transportation \$4.00 per person. Please register by October 10<sup>th</sup>. While supplies last, Bojangles' biscuits and coffee will be served on the Dorton Patio near the Waterfall at the Senior Fun Fest. A program with Commissioner Steve Troxler and music will kick-off at 10 a.m.

**October 19** — **Outdoor Game Day:** Join us Thursday, from 3-5pm for outdoor and indoor games, hot dogs, chips and great fellowship. Bocce, Shuffleboard, Cornhole, and Horseshoes will all be available. Please register by October 12.

**October 23** — Christmas Snowman Door Hanger . Rebecca Corona will lead us in making a Christmas Snowman Door Hanger. Costs: \$10.00. Class size is limited to 10. Registration by October 16.

**October 25** — From 9 am-12 Noon, our local Albemarle Regional Health Services team will provide a Flu Vaccine Clinic. Please register for this opportunity by October 13. Additional openings may be available. Please inquire even after October 13. **Your Medicare (& or) Insurance will be billed. Uninsured will have to provide payment for this vaccine.** Please specify high or regular dose requested.

### ***November.....***

**November 3** - Tea party 1 pm.

**November 8** - Ms. Jean Matthews, MSN, RN, Nurse Consultant, Carolina Geriatric Workforce Enhancement Program. ECU – College of Nursing, will present “**The Key to Living Long and Well: Vaccinations, Screenings, and Preventive Actions for Older Adults**” Wednesday, at 10:30am.

**November 30**— **Mike's Farms**—Thursday, November 30, **2023** . Gaylon Pope and Sweet Water are back with us again for our annual Ho! Ho! Christmas Show! Traveling to Beulaville, Come join us for old fashioned cooking followed by Christmas Classics with a touch of comedy. The night will end with our Festival of Lights hayride. **We will leave the center at 10:30am.** Cost is \$70.00. Seating is limited and **Reservations required by October 17** . For information and/or Reservations, Please Contact:

*Beverly Gregory 252 426-5404*

### ***December.....***

**December 1** — Country Christmas – Friday, the Onley Place presents, dinner and a show with Adam Nixon and the Hallelujah Crew right in Caney Island. Cost is \$30.00 per person. Reservation required by November 10. We will leave the center at 5pm. Seating is limited.

**December 7** — Christmas Celebration at the center. Progressive Meal/Celebration/Caroling.



**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** – Birthdays will be celebrated on the **1st Wednesday of each month**, right after lunch is served! Please let us know if you celebrate your birthday this month.

**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. **Bring a snack about once a month to share with fellow players**

**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. **Bring a snack about once a month to share with fellow players**

**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! **Bring a snack about once a month to share with fellow players**

**CHOIR** –

<b>Thursday, September 7, at 1:00 pm</b>	the choir will meet for practice at the center.
<b>Thursday, September 14, No Van and transportation on your own</b>	<b>The Landings of the Albemarle at 2 pm.</b> Enjoy lunch at <b>Story's Seafood</b> .
<b>Thursday, September 21, the choir will leave the center at 11:45 am</b>	Enjoy lunch together at <b>Quality Seafood</b> with singing provided at <b>1:30 pm</b> at <b>Heritage Care</b>
<b>Thursday, September 28, No Van, lunch and transportation on your own</b>	Singing at <b>Brian Center 2:00 pm</b> .

**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!

**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**. \$3.00 per Session. 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.

**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. \*September 1st & 8th, Zumba Video will be shown (No fee for video). 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 September 8, 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 9:00 am 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

To receive transportation to our nutrition site, please call..



### 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**

### 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.