



*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**



## PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road  
P.O. Box 615  
Hertford, NC 27944

Activities: 8:30am – 4:30pm  
Monday - Friday



THE PERQUIMANS COUNTY  
CENTER FOR ACTIVE LIVING  
AND NUTRITION SITE WILL BE  
CLOSED TO OBSERVE

### CHRISTMAS

**Monday, Tuesday & Wednesday,**

**DECEMBER 25, 26 & 27, 2024**

CLOSED—**DECEMBER 28th & 29th**  
(Floor Maintenance)

CLOSED—Monday

**JANUARY 1, 2024 FOR NEW YEAR'S  
DAY.**

*We wish you a very Merry  
Christmas and a Happy New Year!!*

### Staff:

**Bert Gordon, Beverly Gregory,  
LuRee Sawyer,  
Penny Trueblood  
Nutrition: Jenny Coppersmith**

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

### New Classes!

#### ***DANCE YOUR WAY TO FITNESS!***

Reta, Shirley and Mamie will host “Dance your way to Fitness”  
**Friday, December 8 at 10:30am.** Dance fitness involves balance, agility, coordination and skill.

#### **CHAIR FUSION CLASS!**

Amy Tinsley with, The Dance Company of Hertford, will lead Chair Fusion Class, on **Thursdays**, starting **January 4, 2024, at 10:30am.** This class contains elements of Pilates, Ballet Barre & Strength.

### **UPCOMING ADVENTURES!**

April 15-19, 2024—**Ark Encounter & Louisville, KY.** (see page 5 for more information)

October 12 –19, 2024 - **Journey to the Heart of Ireland Tour.** (see page 5 for more information)

**Website: [www.pcactiveliving.org](http://www.pcactiveliving.org)**

**Everyday...**

**Monday**

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

**TUESDAY**

10:00 am Line Dancing  
11:30 am Nutrition  
12:00 Noon—Chess  
12:00 Noon -Afternoon Games  
1:00 Noon Yarn Corner

**Wednesday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon -Afternoon Games  
12 Noon - Train Dominoes  
12 Noon—Chess  
12:45 - 2:45 pm BINGO

**Thursday**

9:00 am TOPS  
10:30 am Chair Fusion  
11:30 am Nutrition  
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 Dominos

Perquimans County Center for Active Living

1072 Harvey Point Road

Hertford, NC 27944

(252) 426-5404

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



***Coming Events for December***

**COUNTRY CHRISTMAS** – **Friday, December 1**, 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. Reservations have been accepted, if you would like to be put on the standby list, please see Beverly. We will leave the center at 5:00 pm. Seating is limited.

**CHRISTMAS PARADE** - **December 2, 2023, 2:00 pm.**

**SAFETY & SCAMS** — Sheriff Shelby White will present Safety and Scams, **Monday, December 4, at 10:30 am.**

**CROQUET** - Come join us for the opportunity to play croquet at Doodle Hill, **Tuesday, December 5, leave the center @ 12:30 pm**, return by 3 pm.

**BLOOD PRESSURE & VITAL SIGNS** - **Wednesday, December 6, 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, **Wednesday, December 6, at 10:30 am**, for handbells.

**FRIENDSHIP ROCKS** -- This month we will meet **Thursday, December 7, from 9—11:00 am.** This opportunity is scheduled for the first Thursday of each month to paint Friendship Rocks with a friendly face, picture or inspirational message to keep for yourself or share in our community.

**CHRISTMAS PROGRESSIVE MEAL** — Fellowship & Caroling – **Thursday, December 7**, we will begin our celebration with **Lunch being served at 11:30 am**, followed by Christmas Caroling at 12:30, delicious desserts and engaging opportunities! You are invited to bring your special complimentary dish for lunch or a delicious dessert. Register by December 1, 2023.

**CHOIR**— The choir will lead in Christmas Carols, Thursday, **December 7, at 12:30 pm**, followed by desserts. **New Members are welcome.**

**DANCE YOUR WAY TO FITNESS** — Reta, Shirley & Mamie will lead in, Dance Your way to Fitness, **December 8, at 10:30 am**. Dance fitness involves balance, agility, coordination and skill.

**CHRISTMAS ORNAMENT** — **December 11, at 10:30**. Join Penny to paint your own Christmas ornament.

**SHOPPING TRIP** - This month's Shopping trip will be, **Tuesday, December 12**, departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Thursday, December 7. We will travel to Greenbrier Mall, Virginia.

**PHOTOGRAPHY 101** — Photographer Pam Hadden will lead us in basic photography, **Wednesday, December 13, at 10:30 am**. Please bring your camera, phone or device you will use. Please register by December 8.

**ACRYLICS FOR BEGINNERS** — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, December 14**. Registration is limited to eight participants. Cost is \$5.00. Please register by Monday, December 11.

**WATERCOLOR W/ TINA** — **Thursday, December 14, at 1:30**. Tina will lead us in Advance Acrylics. Please register by Friday, December 8. **Class size limited to eight (8) participants**. Cost \$15.00

**CHRISTMAS TREAT WITH HOT CHOCOLATE** — Join us an enjoy a delicious treat **Friday, December 15 at 10:30 am**, along with a cup of hot chocolate and enjoy great fellowship together.

**CHRISTMAS KARAOKE** — Did you say Karaoke? Sign up today for this fun recreational entrainment, and enjoy laughter and friendship and hear some wonderful Christmas songs by our members **Monday, December 18, at 10:30 am**.

**MOVIE & LUNCH**— **Thursday, December 21, TBD**. Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.



**INDOOR GOLF** — December 20, at 10:30 am, come and enjoy indoor golf!

**BOCCE** — December 22, at 10:30 am.

**CENTER CLOSED**—Monday, Tuesday & Wednesday, **December 25, 26, 27.** Observation of Christmas

**CENTER CLOSED FOR MAINTENANCE** — Thursday & Friday, **December 28 and 29, 2023,** for floor maintenance.

**CENTER CLOSED** — Center closed **Monday, January 1,** in observation of New Year’s Day, and we look forward to seeing you on Tuesday, January 2, 2024!



**CHOIR**

Thursday, December 7, at 12:30 pm,	Christmas Kickoff at Center 12:30 pm
Thursday, December 14,	Have lunch at Noon, <b>Story’s Seafood meet at, The Landings of the Albemarle at 2:00 pm</b>
Thursday, December 21, the choir will leave the center at 12:00 Noon	Enjoy lunch together at <b>Quality Seafood</b> with singing at 2:00 pm Brookdale Carolina House.
Thursday, December 28, the choir will meet at the center at 12:00 Noon  *Note: Active Living Center will be closed	have lunch at <b>Wendy’s</b> and sing at 2:00 pm, <b>Primetime.</b>



***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.

**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 & portage for one suitcase per person. PML Tours Escort for the duration of the trip. Price: \$3699.00 Per Person—double Occupancy\* Single Occupancy \$4299.00.

**For Information & Reservations—Call Beverly Gregory @ 426-5404. Payment Schedule:** \$250.00 per person deposit and registration is still being accepted. Second Deposit of **\$1000.00 per person** is due by **January 25, 2024**. Final payment is due by **June 6, 2024**. 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.**

***SAVE THE DATES:***

***January 2024.....***

**January 4, 2024**— Chair Fusion Classes at 10:30 am

**January 5, 2024**—Dancy your way to Fitness at 10:30 am.

**January 8, 2024**—**HEARING AID AND AUDIOLOGIST SERVICES/PATIENTS' RIGHTS:** — Join us **Wednesday, January 8, 2024 at 10:30am.** Hard of Hearing Services Specialist Jennifer Cabe, together with Rebecca Rosenthal, will provide an opportunity for you to understand your right to services and expectations of services from audiologists and hearing aid providers. If you wear hearing aids or are having/had appointments with audiologists, come and join us for this opportunity which will be followed by a question and answer session.

**January 10, 2024** — Wednesday, Creative Writing @ 10:30 am.

**January 11, 2024**— Stamping Cards with Ms. Merry Johansen.

**January 17, 2024** — Fisheries Division 101 – Deon Kerr, District 1 Assistant Fisheries Biologist with the Inland Fisheries Division North Carolina Wildlife Resources Commission will be our guest speaker, Wednesday, January 17 at 10:30am. Following his presentation, he will be available for to answer any additional questions relating to our community.

**January 22, 2024** — Benefits of Gardening/Community Gardening 101 Program with Kellie Luton, Extension Agent, Agriculture, Consumer Horticulture & Master Gardener Program Coordinator. January 22, at 10:30 am.

**January 24, 2024** — North Carolina Habitat Identification - Wednesday, January 24, at 10:30am our guest presenter will be Terry Boyce. Terry Boyce is the Director of the Dream Hunting and Fishing Program. Come join us as Terry promotes wildlife conservation and provides an opportunity for North Carolina Habitat Identification with hands on Exhibits.

**January 26** — Walk with Ease (WWE) informational & Registration Session Friday at 10:30 am.

***February.....***

**WALK WITH EASE** — Past participants meet at 8:30 am, for warm up stretching, walking. Next class will be scheduled on **February 12, 2024, beginning a 6 weeks sessions, Monday, Wednesday & Fridays.** 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.

**February 9 — The Onley Place presents:** Out-In-The Cold, Friday night, for their special Valentine Show. Cost of ticket is \$30.00 and reservation is required by January 10, 2024. Seating is Limited.

**February 16** — Join us! Bring your team! We are thankful to announce we will host a Card Party, **Friday, February 16, 2023.** Lunch will be served from 12 to 1 and games will be played from 1pm to 4pm. Cost is \$8.00 per person. You will need to invite, register, and gather your group to play at your table. Next, you need to register — by February 10, 2023, bring your team, and enjoy this great opportunity of lunch and fellowship.





## Regularly Scheduled Activities

**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.**

**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 12:45 pm until 2:45 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. \*We will play Monday, December 11 in lieu of Wed December 13.

**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.**

**CHAIR FUSION CLASS**— This class contains elements of Ballet Barre, Pilates, and strength. Many of the exercises you do in your daily activities. Using a chair will assist in balance and body support. This class will help you to gain flexibility, muscle, strength, and better awareness of how your body moves. Amy Tinsley, will lead this class, Thursdays, beginning January 4 @ 10:30 am. Please see calendar for dates.

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

### **Monday**

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

### **TUESDAY**

10:00 am Line Dancing  
11:30 am—Nutrition  
12 Noon -Afternoon Games  
12 Noon—Chess  
1:00 pm Yarn Corner

### **Wednesday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Afternoon Games  
12 Noon -Train Dominoes  
12 Noon—Chess  
12:45 pm - 2:45 pm BINGO

### **Thursday**

9:00 am TOPS  
10:30 am Chair Fusion  
11:30 am—Nutrition  
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 Dominos

**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!

**DANCE YOUR WAY TO FITNESS**— Join Reta, Shirley & Mamie as they lead this class in fitness! Dance your way to fitness involves, balance, agility, coordination and skill. Friday, December 8, at 10:30 am.

**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! Line Dancing will **not be offered** December 19, 21, 26 and 28.

**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** — Our gardeners have prepared the garden for winter. Our next scheduled meeting will be Monday, January 22, @ 10:30 am.

**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.

**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**.

**ZUMBA** - Zumba classes will not be held until spring.

**Note:**

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





## 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!

**Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes!.**

## North Carolina

Project

## C.A.R.E

**Caregiver Alternatives to Running on Empty,** is a North Carolina funded program supporting family caregivers of people living with Alzheimer's disease or other related dementia(s). For more information Contact:



**Albemarle Commission Area Agency on Aging.**

512 S. Church St., Hertford, NC 27944  
252 426-5753

## MEDICARE OPEN ENROLLMENT

Medicare open enrollment began October 15 and extends through December 7, 2023. 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).

**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.



## Read your Mail!

There maybe Important information about your Medicare Coverage

*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

## 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 Ashley Lamb, (252) 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 **Friday, December 8, 2023, 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.

### *Did You Know....*

You Must be 50 years or older to join the fun at the Senior Center!

You must be 60 years or older to participate in congregate meal!



## **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, 252-426-8309,**  
to receive additional information.