

# 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



Closed:

Monday, January 1, 2024  
New Year's Day.



Monday, January 15, 2024  
Martin Luther King Day!

**Staff:**

**Bert Gordon**

**Beverly Gregory**

**LuRee Sawyer**

**Penny Trueblood**

**Nutrition: Jenny Coppersmith**

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

## UPCOMING ADVENTURES!

### **MARCH 19, 2024 — The Rudy (March 19, 2024)**

Easter Jubilee— Rudy Theater

Tuesday, March 19, 2024 / Show

Time: 12:45. Time to Leave

Center: TBA (early), Cost: \$30.00

Reservations/admission fee required  
by February 5, 2024.



**April 15-19, 2024—Ark Encounter & Louisville, KY.** (see page 7 for more information)

**October 12 –19, 2024 - Journey to the Heart of Ireland Tour.** (see page 8 for more information)

**ALBEMARLE SENIOR GAMES:** Official entry packets were mailed and registration deadline is February 1, 2023! Applications are available on line and at the center.



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

**Website: [pactiveliving.org](http://pactiveliving.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 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—2:45 pm - BINGO

Thursday

9:00 am TOPS  
10:30 am—Chair Fusion Class  
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



**Coming Events for January....**

**BLOOD PRESSURE & VITAL SIGNS** - **Wednesday, January 3, 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, January 3, at 10:30 am,** for handbells.

**FRIENDSHIP ROCKS** -- This month we will meet **Thursday, January 4, 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.

**CHOIR** — The choir will meet for practice, **Thursday, January 4, at 1:00 PM.** ***Thank you choir members! New Members are welcome.***

**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.

**DANCE YOUR WAY TO FITNESS** — Reta, Shirley & Mamie will lead in, Dance Your way to Fitness, **January 5, at 10:30 am.** Dance fitness involves balance, agility, coordination and skill.

**HEARING AID AND AUDIOLOGIST SERVICES/PATIENTS' RIGHTS:** — Join us **Monday, 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.

**Got Tech?** - Telephone and Ipad/Laptop assistance: Do you have questions regarding your cellular phone?...your laptop?...or your ipad? Bobby will meet with you from **12:30 pm-2.00 pm on Monday, January 8, 2024** to provide support and resolution. Registration is required. Limited 6.

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

**WRITING W/ILENE** - Ilene Hardison will lead in Creative Writing Moments, **Wednesday, January 10, 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.

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

**CHAIR FUSION** — **January 11, at 10:30 am**.

**STAMPING** — Merry Johansen will lead "Beginning Stamping", **Thursday, January 11, at 1 pm**. Class size is limited to 10.

**WATERCOLOR W/ TINA** — **Thursday, January 11, at 1:30 pm**. Tina will lead us in Advance Acrylics. Please register by Friday, January 5. **Class size limited to eight (8) participants**. Cost \$15.00

**GET TO KNOW YOUR NEIGHBOR** — January 12, at 10:30 am

**Closed (Martin Luther King, Jr)** - January 15, 2024

**LOCAL SHOPPING / VOLCANO (LUNCH)** — Enjoy Lunch Volcano Restaurant then local shopping. **January 16 and leaving center at 11:15 am**.

**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.

**COLLAGE** — **January 19, at 9 -11 am** Nancy's part 1

**CHAIR FUSION CLASS**— **January 18, at 10:30 am**

**SEW MUCH FUN!** --- Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, January 18, @ 1:00 pm**. Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by January 12. Sewing machines are needed; however, not required. Costs: \$4.00.

**DANCE YOUR WAY TO FITNESS** — **January 19, at 10:30 am**.



**BENEFITS OF COMMUNITY GARDENING 101 PROGRAM** — Gardening 101 Program with Kellie Luton, Extension Agent, Agriculture, Consumer Horticulture & Master Gardener Program Coordinator. **January 22, at 10:30 am.**

**MOVIE & LUNCH**— **Tuesday, January 23, TBD.** Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.

**NORTH CAORLINA HABITAT IDENTIFICATION** — **Wednesday, January 24, at 10:30 am** 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.

**COLLAGE** — **January 25, 2024,**at 9-11 am, Part 2

**CHAIR FUSION** — **January 25, at10:30 am.**

**ACRYLICS WITH TINA FIELDER**— **Thursday, Janu ry 25, at 1:30 pm.** Tina will lead us in Advance Acrylics. Please register by January 19. Class size limited to eight (8) participants. Cost \$15.00 per person.

**WALK WITH EASE (WWE)** — informational & Registration Session, **Friday January 26, at 10:30 am.**

**ADVANCED CARE PLANNING** — **January 29, at 10:30 am**

**PHOTOGRAPHY 101** — Photographer Pam Hadden will lead us in basic photography, **Wednesday, January 31, at 10:30 am.** Please bring your camera, phone or device you will use. Please register by December 8.

## Choir Schedule



Thursday, January 4, at 1:00 pm	
Thursday, January 11, leaving the center at 11:15 am	Have lunch Dairy Queen with singing, Edenton House at 1:00 pm
Thursday, January 18, the choir will leave the center at 12:00 Noon	Enjoy lunch together at Chic-fil-A with singing at 2:00 pm Heritage Care.
Thursday, January 25, the choir will leave the center at 11:15 am	have lunch at Bojangles and sing at 1:00 pm, Waterbrook.

## February.....



**SENIOR GAMES** : 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 2024 and be a resident of North Carolina for three (3) consecutive months each year. Registration information is now available at the center and on the web. The deadline for registration has been moved to February 15, 2024, without exception this year. Please join in this opportunity of fun, fitness, and fellowship! Please indicate if you will attend the Albemarle Senior Games Showcase on May 21, 2024, see page 8 on your form.

**NATIONAL WEAR RED DAY**: **Friday, February 2, 2024**, is National Wear Red Day! Join us as we wear red to raise awareness and learn action steps towards the American Heart Association's goal of reducing death and disability from cardiovascular disease.

**HEART HEALTHY FOOD DEMO**— Join Sara Sowder, Perquimans County Extension Agent, for Heart Healthy Food Demo. **Friday, February 2, at 10:30 am**,

**HEALTHY HEART** — Shavonne Boone, with ECU Medicine, will have a presentation on Healthy Heart, **Monday, February 5, at 10:30 am**.

**VALENTINE'S DINNER THEATER**: **Friday, February 9, 2024**, we will leave the center at 5 pm traveling to The Onley Place for "A Valentine's Day Dinner Theater" featuring Out'n the Cold with dinner buffet. Cost is \$30.00. Reservations required by January 10.

**WALK WITH EASE** - Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. This program is for people who want to reduce the pain and discomfort of arthritis and/or joint pain, desire to increase balance, strength and walking pace, build confidence in the ability to be physically active and improve overall health.

This program is offered and begins **Monday, February 12, 2024**. Sessions start promptly at 8:30am, Monday, Wednesday and Friday each week, with an anticipated class ending date of March 18, 2024. Please register for this class by February 9, 2024

**HEART HEALTH EDUCATOR** — Jean M. Matthews, DHSc, RN, Nurse Consultant, Carolina Geriatric Workforce Enhancement Program, ECU – College of Nursing, will have a presentation on Heart Health Education, **February 12, at 10:30 am**.

**SENIOR ADULT LUNCHEON**: Please join us as we travel to Camp Cale to enjoy a Senior Adult Luncheon, **Wednesday, February 14, 2024**. Soup, sandwiches, and desserts will be served, together with singing, entertainment, games and giveaways! Cost is \$7.00. Registration and fee is due by February 2. Transportation is limited; however, you may also travel along with us or meet us there. We will leave the center for this great time of fellowship at 11 am.



**CARD PARTY**: Join us! Bring your team! We are thankful to announce we will host a Card Party, **Friday, February 16, 2024**, for you. Lunch will be served from 12 to 1 and games will be played from 1pm to 4pm. Cost is \$8.00 per person. Domino teams, rummikub players, Mah-jongg and more are all invited. 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.



**HEALTH EDUCATION** - Gabriel Corprew, Local Health Education, will present a heart healthy presentation **February 19, at 10:30 am.**



**February 27, leaving center at 9:00 am and return by 4:00 pm.**

We will travel to enjoy this family owned, 4 generations grocery business, that started as a feed & fertilizer store, has grown to keep Smith's tradition growing, they have a large selection of old-fashioned candies, meat market, restaurant and more.

## *March....*

**DINNING WITH DIABETES** — **March 4, 11, 18 & 25th @ 10:30.** Sara Sowder, Perquimans County Extension Agent will present, Dining with Diabetes. This is a national extension program provided by NC State University Family and Consumer Sciences professionals and community health partners. The program is a series of four classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

**TALENT CELEBRATION:** **Thursday, March 21** from 1pm-3pm. **SAVE THE DATE & REGISTER** to share your gifts and talents! We invite you to join us as we celebrate and share our gifts and talents. Please call or come by to reserve your time to “shine” by March 16. Vocal, dancing, drumming, martial arts, instrumental, hula dance, comedy/drama, recitation, poetry, or wood chiseling – for just a few!

## **APRIL....**

**YARD SALE:** - **June 1, 2024; 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: May 29, 30 & 31. **Please contact Penny, 426-5404** for more information and / or rental space.





## **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.

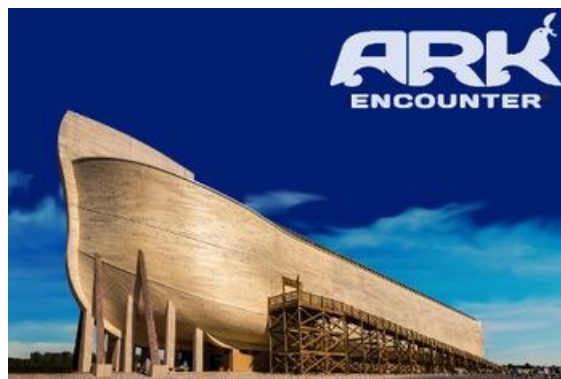
For Information and/or Reservations, contact: Beverly Gregory @ 252 426-5404.

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. 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.**



## 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

## Regularly Scheduled Activities

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

**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.

**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 12:00 Noon**. 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. **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.



**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, January 5 & 19, 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.

**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**.



**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:

## 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 at 404-7090.



### SENIOR FOOD BOX -

CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens aged 60 and better with household income with financial qualifications.

You may contact a CSFP representative for information by calling 252-337-4755. This month the Senior Food Box Distribution Date is **Friday January 12, 2024 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 10:00 am.

### *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**



*We also offer....*

- ◆ Archery
- ◆ Bingo
- ◆ Chair Fusion
- ◆ 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
- ◆ TOPS
- ◆ Walk with Ease Programs
- ◆ Monthly BP checks
- ◆ Yarn Corner
- ◆ Yoga
- ◆ Much More!!!



**Statement of Purpose**

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

**Special Note:**

Inter County Public Transportation provides services to all ages!  
(Fees may apply) ICPTA services are intended to transport the public to nutrition sites, medical appointments, and other locations in order to access services or attend activities related to daily living, while promoting quality of life.  
ICPTA 252-338-4480  
To receive transportation to our nutrition site, please call  
**Jenny Coppersmith,**  
**Nutrition Manager,**  
to receive additional information.  
(252-426-8309)

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

**- Staff**



*Did You Know....*

You Must be 50 years or older to join the fun at the Senior Center!  
You must be 60 years or older to participate in congregate meal