



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

UPCOMING TRAVEL ADVENTURES!

LANCASTER, PA — May 21-23, 2024 Event is booked

ARK ENCOUNTER & LOUISVILLE, KY—Sept 16-20, 2024

We are still taking reservations at this time!!

Includes admission to the Creation Museum/Ark, visiting the Kentucky Derby Museum & Churchill Downs, attending a dinner show at Derby Dinner Playhouse. See Flyer at the center or check out our website for more details: pcactiveliving.org.

JOURNEY TO THE HEART OF IRELAND TOUR— Oct 12-19, 2024

Separate flyer available at center or check out our website for more details: pcactiveliving.org.

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.

MAY SCHEDULE:

COMMUNITY GARDENING — every Wednesday in May at 8:30 am.

Join us as we work in the community garden! Soil is prepped and planting is underway; we’re growing vegetables, flowers, and herbs. We need volunteers to water the garden!

BLOOD PRESSURE & VITAL SIGNS - ***Wednesday, May 1, 10:15 am.***

Our local EMS team will be available to check your blood pressure and vital signs.

Practice for Performing Arts Showcase — get together at the center to practice for the Senior Games Performing Arts Showcase:
Wednesday May 1, 10:30 and Friday May 10, 10:30.

HANDBELLS — Performing Arts Handbells practice, all are welcome to join us as Ms. Peggy leads, ***Wed May 1, at 10:30 am, Wed May 8 10:30, and Wed May 15 at 10:30.***

FRIENDSHIP ROCKS -- Stella Faye will lead us in Rock Painting, ***Thursday May 2 from 9 to 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.

Activities: 8:30am – 4:30pm / Monday - Friday
Website: pcactiveliving.org

MAY SCHEDULE (continued).....

OLD COLONY SMOKEHOUSE LUNCH in Edenton on **Thursday, May 2nd**. Leaving the center at **11:00 am**. Pre-registration required.

CHOIR — The choir will meet for practice, **Thursday, May 2nd** at **1:00 pm**.

DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead in Dance Your way to Fitness, **Friday, May 3** at **10:30 am**. Dance fitness involves balance, agility! Also on the schedule for **Friday May 17** and **Friday May 31!**

SHUFFLEBOARD - Join us outside for shuffleboard! **Friday, May 3** at **10:30 am**.

NC HABITAT IDENTIFICATION—Terry Boyce, Director of Dream Hunting & Fishing Program, returns with his Habitat Mobile Trailer! **Monday, May 6** at **10:30**. Come check out his displays and taxidermy!

GOT TECH? — Need cellphone and iPad/Laptop assistance? Bobby will meet with you in individualized appointments on **Monday, May 6** from **12:30 pm—2:00 pm** to provide support and resolution. Registration is required. Limited 6.

TRIP TO MANZER'S NURSERY W/ LUNCH at Nicholson House in Belvidere — **Tuesday, May 7**—departing the center at **11:00 am**. We'll eat lunch first and then stop by Manzer's Nursery in Winfall. Registration is required—Limited to 14.

Performing Arts Showcase - PRACTICE AT EDENTON UMC — **Wednesday, May 8**. For those participating in the Showcase, we will travel together: departing the center at **12:15 pm**—Registration is required—space is limited. On-stage practice is 12:45-3:00pm. You can drive separately: just be sure to check the Albemarle Commission's schedule for your performance time.

HEALTH FAIR — **Thursday, May 9** **** CANCELLED—TO BE RESCHEDULED **** ~~ECU Health and Perquimans County Center for Active Living will be providing health screenings including Blood pressure, Glucose, Cholesterol. This event is open to the public.~~

ACRYLIC PAINTING with Sandra — We will paint with acrylics from **9:00-11:00 am, Thursday, May 9**. Registration is limited to eight participants. Cost is \$5.00. Please register by Monday, May 6.

WATERCOLOR W/TINA— No watercolor painting is scheduled for May.

MOTHER'S DAY CELEBRATION — **Friday, May 10** at **10:30am**. Join us as we celebrate with fellowship, games, raffle and special treats!

STROKE AWARENESS — **Monday, May 13** at **10:30 am**. Local Health Educator Gabrielle Corprew will bring a presentation on Stroke Awareness: signs to be aware of, how to react, and prevention.

CREATIVE WRITING—Ilene Hardison will lead in Creative Writing Moments, **Monday, May 13** at **10:30**. Learn about 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.

SHOPPING TRIP — **Tuesday, May 14**—leaving the center at **9:00am** and returning by 4:00 pm, \$3.00 per person. This month we will head to Little Washington! Registration is required—Limited to 14. Please make your reservation by Thursday, May 9th.

MAY SCHEDULE (continued).....

PHOTOGRAPHY 101 — Join photographer Pam Hadden **Wednesday, May 15** at **10:30am**. . Please be sure to bring your cell phone or any device you like. Register by May 10th.

LUNCH & MOVIE: Thursday, May 16 leaving center at **11:00** We'll be heading to Taylor Theater in Edenton. Transportation fee \$2.00. Registration required, limit 14.

SEW MUCH FUN! - Angela Ermi and Merry Greene will lead an opportunity to sew (and complete!) a small project **Thursday, May 16** at **1:00pm**. Registration required by May 9th and there is a \$4 fee. Project materials list available on sign up. Bring in your sewing machine, or use one here at the center. Class size limited to 10.

CORNHOLE — **Monday, May 20** at **10:30 am**.

PERFORMING ARTS SHOWCASE — **Tuesday, May 21** at **2:00pm** at Edenton United Methodist Church. All seniors can attend to cheer on our center's performers! Those who are performing in the showcase can sign up to ride together from the center—departing at **1:15pm** Prior registration is required, limited seating.

STROKE AWARENESS SEMINAR — **Wednesday, May 22** at **10:30am**. Kate Turner from Sentara will present "Save the Brain!" Learn about the nervous system, stroke risk factors, stroke recognition, and keeping our brain healthy!

ADVANCED ACRYLICS WITH TINA FIELDER— not available for a class in May.

CRAFT WITH PENNY—Penny will lead us in creating a starfish wreath, **Thursday, May 16** at **8:30 am**. Registration required, limit 8, cost \$3.

MEMORIAL DAY TRIBUTE — **Friday, May 24** at **1:00**. Join us for hotdogs, games, and fellowship as we honor America's military men and women who lost their lives in service to our country.

MEMORIAL DAY—**Monday, May 27** the Center will be **CLOSED** in observance of Memorial Day.

RIVER CITY RC CLUB — **Monday, May 28** leaving the center at **9:00am** and returning by **11:30am**. Come along to watch hobbyists fly model aircraft of all sizes! Be sure to bring your own folding chairs, sunglasses, head covering, sunscreen, etc. Registration required, limited to 14.

TOUR OF OPEN DOOR PANTRY— Join us for a tour of the new Open Door Pantry in Winfall. Registration required. Leaving the center at **9:00**

Thursday, May 30.

**Choir
Schedule**



Thursday, May 2	Practice @ Senior Center 1 pm
Wednesday, May 8—Senior Games rehearsal	Leave center at 12:15—sing at 2:00
Thursday, May 9—meet at Story's 12:15	Sing at Landings of Albemarle
Thursday, May 16 leave center at 12:00	Eat at Bojangles, sing 1:30 at Laurel Park/Citadel
Sunday, May 19—leave center at 5:30	Sing at New Hope Church
Tuesday, May 21 — leave center at 1:15	Sing at Senior Games Perf. Showcase at 2:00
Thursday, May 23 — leave center at 12:30	Eat at Taco Bell—sing at Brookdale at 2:00
Thursday, May 30 — leave center at 12:30	Eat at Dairy Queen—sing at Primetime at 2:00

We also offer....

- ◆ Archery
- ◆ Bocce
- ◆ Cornhole
- ◆ Croquet
- ◆ Line Dancing
- ◆ On Site Library—donate/
take books to read
- ◆ Picnic Area
- ◆ Puzzles —there's always a
table set up with an
ongoing community
puzzle. And there's
many to borrow!
- ◆ Shuffleboard
- ◆ Much More!!!

If you don't see it on the calendar,
come in and talk to us! You are
welcome to the outside game
fields and picnic tables at any time
we are open. We will gladly set
up for you!

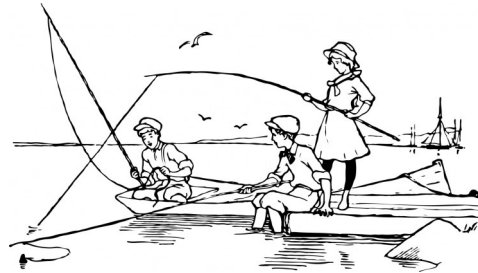


Coming events in June

ELDER ABUSE AWARENESS WALK— *Must register by MAY 10* to participate in the planned WALK on **Friday, June 7 (10:00-3:00)** in Elizabeth City. Be sure to include your size to get an event T-Shirt. \$5 for the shirts will be due at the event. Lunch is provided. More on this event in June's newsletter.

YARD SALE: - **Saturday, June 1, 8 am to 12 pm.** Rental spaces will be available , (Costs \$15.00 for space and \$20.00 W/Table set up). **Please contact Penny, 252-426-5404** for more information and / or rental space.

FISHING AT HOLIDAY ISLAND—**Tuesday, June 18.** More details to come!



STAFF:

Bert Gordon

LuRee Sawyer

Penny Trueblood

Terri Valentine

Nutrition: Jenny Coppersmith

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

Jenny Coppersmith,
Nutrition Manager

(252-426-8309)

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 May 10th from 10:00-2:00** (2nd Friday of each month) and located at our Local County Community Center (Recreation Center) and monthly until further notice. Application and approval are required.



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

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

- Staff

REGULARLY SCHEDULED ACTIVITIES

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

Monday

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

TUESDAY

10:00am — Line Dancing
11:30am — Nutrition
12 Noon — Afternoon Games
12 Noon — Chess

Wednesday

8:30am Walk with Ease -WWE
9:30am — EXERCISE CLASS
10:30am — Diamond Art
11:30am — Nutrition
12 Noon — Afternoon Games
12 Noon — Train Dominoes
12 Noon — Chess
12:45pm - 2:45pm — BINGO

AFTERNOON GAMES — Games are scheduled for afternoons (12-4pm). You may play at other times if you have a group to play and if space is available.

BINGO — Bingo is played each **Wednesday from 1:00 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 at Nutrition – Birthdays celebrated on the **first 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 card game is a favorite. Please come join us and we will share how to play!

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, leads this class, **Thursdays at 10:30 am**.

CHESS — We are playing Chess on **Monday, Tuesday and Wednesdays at Noon**. Kelvin is available to show you how to play!

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. Alternating Fridays—check calendar for dates.

Thursday

9:00am —TOPS
10:30am — Chair Fusion
11:30 am — Nutrition
12 Noon - Afternoon Games
6:00pm — Line Dancing

Friday

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

FITNESS ROOM

**You need registration and waiver on file in order to use the equipment.*

GAME ROOM

Pool / Foosball / Darts /
Table Tennis

8:30 am — 4:30 pm
Monday - Friday.

REGULARLY SCHEDULED ACTIVITIES (continued...)

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday** starting at **9:30 am**. *You must have a waiver and registration form on file in order to participate.* All are welcome!

FITNESS ROOM - The Fitness room is open **8:30 am to 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 to 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. **Mondays at 1:00 pm**. Come and join us in the fun—we will show you how!

OUTDOOR GAMES - Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting.

PICKLEBALL - This game is played at the Rec Center **Monday, Tuesday and Thursday** mornings starting at 9:30 a.m. You may call the Rec Center 252-426-5695 to be sure there are others there to play.

ROOK, PHASE 10, RUMMIKUB, TUCK - All these games are available here to play or bring your own.

TRAIN DOMINOS— A fun group game for 3 to 6 players is a popular game played Mondays, Wednesdays, and Fridays during game time. It's an easy game quickly picked up by all who play. Join us!

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 10:00am.

WALK WITH EASE Every Monday, Wednesday and Friday starting at 8:30 we get together to walk. The goal is to improve strength and walking pace, build confidence in the ability to be physically active and improve overall health.



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 252-426-8309**. ***Donations are needed and accepted***