

FOLLOW US ON  
**FACEBOOK**



**Perquimans County Center for Active Living**

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

(252) 426-5404 Website: [pcactiveliving.org](http://pcactiveliving.org)

## ***October 2025 Newsletter***



### ***Flu Vaccine Clinic***

**October 8, 2025**

**9:00 am – 12 Noon**



Don't let the flu spoil your fall fun! Join our local Family Care Pharmacy to receive your flu shot.

*Please Register by October 1, 2025*

***\*Charges may apply. Please bring your Medicare/Insurance card.***

### ***Afternoon Tea Party***

**NOVEMBER 7, 2025**

**1:00 PM**



Join us for our 4th Annual Afternoon Tea Party! Enjoy an elegant afternoon filled with treats, tea, and great company! Wear your favorite tea party hat and attire.

### ***Floatin' into Christmas!***

It's time to start planning our Christmas Float for this year's Hertford Christmas Parade!

If you are interested in participating, sign up **TODAY!**



### ***Cooking with the Season***

**October 13, 2025**

**10:30 am**

Learn how to prepare simple, nutritious, budget-friendly recipes featuring seasonal favorites such as apples, squash, sweet potatoes, and hearty fall spices!



### ***MEDICARE OPEN ENROLLMENT***

**NOVEMBER 14, 2025**

Is your Medicare plan still right for you? An annual Medicare review may help you save!

**Sign up today!  
Appointments are limited!**

*The Onley Place*

### ***Country Christmas***

**December 5, 2025**

Departing @ 4:30 pm

**Cost: \$38.00**

*\*Registration/Payment due by November 14, 2025\**



#### **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.*

## **Upcoming Trip**

### **BILTMORE ESTATE IN ASHEVILLE, NC**

**December 10—December 12, 2025**

***\*Registration Closed\****

Your 3 Day/2 Night trip package includes a Holiday Dinner at the Biltmore Estates, a Fabulous Holiday dinner at the Omni Grove Park Inn, Asheville, NC, a viewing of the Entries to the National Gingerbread House Competition, a self-guided "Candlelight" Tour of The Biltmore House, a guided tour of Asheville, NC, admission to the Biltmore Estates Gardens and grounds, Antler Hill Village, and Winetasting at the Famous Biltmore Estate Winery. See the flyer at the center or check out our website for more details: [\*\*pcactiveliving.org\*\*](http://pcactiveliving.org)

**Price:** \$619.00 (per person – double occupancy) or \$719.00 (single occupancy)

**Travel Protection:** Travel Protection can be purchased at \$79.00 (per person). If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

### **LONDON ENGLAND & COUNTRYSIDE**

**April 7—April 14, 2026**

Your 8 Day/6 Night trip package includes a full day of guided bus touring with meet & greet in London, a visit to Windsor Castle, the Tower of London, Kensington Palace, Stonehenge, and the Canterbury Cathedral, a sightseeing Boat Cruise on the Thames River, and a charming tour of the Cotswold's Villages with included Tea Stop. See the flyer at the center or check out our website for more details: [\*\*pcactiveliving.org\*\*](http://pcactiveliving.org)

**Price:** \$4399.00 (per person – double occupancy) or \$6399.00 (single occupancy)

**Travel Protection:** Travel Protection can be purchased at \$499.00 (per person—double occupancy) or \$752.00 (single occupancy). If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

**Payment Information:** The first deposit of \$250.00 is due **Now**. The second deposit of \$1000.00 is due by September 26, 2025. The final deposit of \$3149.00 + \$100.00 gratuity (per person - double occupancy) or \$5149.00 + \$100.00 gratuity (if single occupancy) is due December 8, 2025.

### **LANCASTER & HERSHEY, PA**

**May 19—May 21, 2026**

Your 3 Day/2 Night trip package includes admission to the Sight & Sounds Theater for their production of Joshua, a guided tour of Hershey, PA, a visit to Hershey's Chocolate World, an Amish-Styled Dinner, and a visit to the Kitchen Kettle Village. See the flyer at the center or check out our website for more details: [\*\*pcactiveliving.org\*\*](http://pcactiveliving.org)

**Price:** \$519.00 (per person – double occupancy) or \$629.00 (single occupancy)

**Travel Protection:** Travel Protection can be purchased for \$79.00 (per person). If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

**Payment Information:** The first deposit of \$250.00 is due **January 16, 2026**. The final deposit of \$269.00 (per person - double occupancy) or \$379.00 (if single occupancy) is due March 20, 2026.



***For more information  
and/or reservations,  
please contact:***

***LuRee Sawyer  
(252) 426-5404***



## OCTOBER 2025 — SCHEDULE

*Review our monthly calendar for more regular scheduled activities!*

**POWERFUL TOOLS FOR CAREGIVERS** — **Wednesday, October 1 & Wednesday, October 8 @ 9:30 am** — Join **Ashley Lamb** and **Kayla White** with Albemarle Commission for an education program designed for the non-professional, informal caregivers, and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country. Limited Space: Register with Center Staff today!



**EMS VITALS** — Our local EMS team will be available on **Wednesday, October 1 @ 10:15 am** to check your blood pressure and vital signs.

**HANDBELLS**—Come join us as **Penny & Ms. Peggy** lead handbells on **Wednesday, October 1 @ 10:30 am**. When we ring together, harmony happens!

**OUTDOOR GAMES** — Join us **Friday, October 3 @ 1:00 pm**, **Wednesday, October 15 @ 10:00 am**, and **Wednesday, October 29 @ 10:00 am** and bring a partner and come play some competitive outdoor games.

**DIGITAL SKILLS**— Join **DaChella Gupton**, ECU Community Engagement Coordinator, on **October 6 @ 10:30 am**, for this 8-session digital skills learning workshop designed to help you expand your confidence using technology. Each session will cover a different topic. From basic computer skills to using healthcare online, this workshop has something for you!

**RIVER CITY RC CLUB** — Come watch hobbyists fly model aircrafts on **Tuesday, October 7 @ 8:30 am**. Registration is required, with a limit of 14.

**POWER EXPRESS 25**— Got questions about our gym equipment? Stop by on **Tuesdays from 9:00 am—9:25 am** for one-on-one support with Certified Fitness Instructor, **Amy Tinsley**.



**VACCINE CLINIC** — **Tuesday, October 8**, from **9:00 am to 12 Noon**— Protect yourself this season! Our local Family Care Pharmacy will be on-site to offer a Flu Vaccine Clinic. Bring your Medicare/Insurance card; charges may apply. Registration is due by October 1, 2025.

**ACRYLICS** — Discover the joy of painting with acrylics with **Terri Valentine** on **Thursday, October 9 @ 9:00 am**. Whether you're picking up a brush for the first time or looking to refresh your skills, this beginner-friendly class is perfect for you. Class Size is limited! Registration is required! Cost: \$5.00

**CHRISTMAS FLOAT**—It's time to start planning our Christmas Float for this year's Hertford Christmas Parade! This year's theme is 1775 Old Fashion Christmas. No experience needed! Just bring your holiday cheer. October's workday: **Friday, October 10 @ 10:30 am**, **Friday, October 17 @ 1:00 pm**, and **Friday, October 31 @ 1:00 pm**. Register Today!

**COOKING WITH THE SEASON**—Join **Sarah Sowders**, NC Cooperative Extension Family and Consumer Science Agent, on **Monday, October 13 @ 10:30 am**, for good food, good company, and the joy of cooking with the season. Participants will learn how to prepare simple, nutritious, and budget-friendly recipes featuring seasonal favorites such as squash, apples, sweet potatoes, and hearty fall spices.

**WRAP & BAG: CHRISTMAS EDITION**— **Tuesday, October 14 @ 9:00 am or 1:00 pm**—Get into the holiday spirit and unleash your creativity! Design and paint unique Christmas gift bags for special people in your life!

**YOGA**— Join Certified Yoga Instructor, **Amy Tinsley**, each Tuesday for a yoga journey designed just for you. Each class offers gentle movements, mindful breathing, and plenty of encouragement to help you feel your best. Please bring your yoga mat; a limited number of blocks and straps will be available for use during class.

**PHOTOGRAPHY 101**—Join photographer **Pam Hadden** on **Wednesday, October 15 @ 10:30 am** and learn to capture every moment through cell phone photography.





## OCTOBER 2025 — SCHEDULE CONTINUED

**THE RUDY THEATER: CLASSIC COUNTRY JUBILEE** — Join us on **Thursday, October 16 @ 8:15 am** as we enjoy the timeless golden tunes and today's modern country music favorites live at the Rudy Theater? Registration Closed.

**SEW MUCH FUN**—**Thursday, October 16 @ 1:00 pm**—Whether you are new to sewing or more advanced, this class has something for you! Join **Angela Ermi** and sharpen your sewing skills while sharing ideas with others. Register Today!

**ORAL HEALTH**— Join Gabrielle Corprew, Local Albemarle Regional Health Educator, on **Monday, October 20 @ 10:30 am** and explore how aging affects your mouth, how to care for dentures or sensitive gums, and how to maintain a healthy mouth support your overall well-being.

**LET'S GO SHOPPING** — **Tuesday, October 21**, leaving the Center **@ 9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship in Little Washington. Lunch on your own at Arby's. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**ALBEMARLE CRAFTSMAN'S FAIR**—**Friday, October 24**, departing **@ 9:30 am**—Enjoy browsing unique creations, meeting the craftsmen, and maybe even find the perfect piece to take home! We will enjoy lunch at Wendy's. Registration is required, with a limit of 14. A deposit of \$7.00 is due upon sign-up.

**SWEETER THAN AUTUMN**—Celebrate autumn on **Monday, October 27 @ 12:30 pm**—We will enjoy a hot cup of cider, a festive candy apple bar, and plenty of laughter and fellowship. Register today!

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, October 28 @ 10:00 am** — Join **Terri Valentine** and enjoy creating a truly unique, personalized greeting card using stamps, ink, papers, and more! Class size is limited. Registration needed.

**PICK & PAINT**—**Thursday, October 30 @ either 9:00 am or 1:00 pm (2 Classes)** —Grab a brush, pick your ceramic piece, and let your creativity flow.

**HALLOWEEN**—**Friday, October 31**—Happy Halloween! Wishing you a spook-tacular Halloween filled with sweet treats and not-so-scary fun!

### Did You Know?

Illinois, on average, produces over 650 million pounds of pumpkins every year!

### Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



## A Pinch of Sarah Pumpkin Soup

*Recipe provided by Sarah  
Sowers with Ag Extension*

### Ingredients

- 3 tbsp. olive or canola oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1 (14.5 oz) cans low-sodium chicken or vegetable broth
- 1/2 cup water
- 1 (15 oz) can pumpkin puree
- 1 (12 oz) can low-fat evaporated milk
- 1/8 tsp. cinnamon
- Salt & pepper, to taste

### Directions

1. Combine oil, onion, & garlic in a saucepan over medium-high heat for 1-2 minutes, or until soft.
2. Add broth & water
3. Bring to a boil, stirring occasionally
4. Reduce heat to low & simmer for 15 minutes, stirring occasionally.
5. Stir pumpkin, evaporated milk & cinnamon. Simmer for another 5 minutes.
6. Remove from heat & enjoy!

