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Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org



November 2025 Newsletter

YOGA

**Every Tuesday
9:30 am**

You asked, and we listened! Yoga is here to stay! Join Certified Yoga Instructor, Amy Tinsley, for a fun and refreshing Yoga experience made for you!



Chess

Discover the joy of chess with players of all skill levels! From first-timers to seasoned players, all are welcome!

**Every Wednesday
1:00 pm**



VETERANS DAY SALUTE

**November 10, 2025
10:30 am**

Join us as we honor the brave men and women who have served our country!

Thanksgiving Festivities

**November 25, 2025
11:30 am**

Let's come together in the spirit of Thanksgiving for a joyful afternoon of food, friends, and thankfulness!



Following our meal, enjoy a cozy holiday movie as we celebrate the season together.

Registration/Payment due by: November 14, 2025

***The Onley Place* Country Christmas**

December 5, 2025
Departing @ 4:30 pm

Cost: \$38.00

Registration/Payment due by November 14, 2025



Christmas Pizza Social

**December 11, 2025
11:30 am**

Cost: \$5.00

**Registration/Payment due by:
December 1, 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 Trips

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 in 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 wine tasting at the Famous Biltmore Estate Winery. See the flyer at the Center or check out our website for more details: pcactiveliving.org



LONDON ENGLAND & COUNTRYSIDE

April 7—April 14, 2026

Registration Closed

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 Canterbury Cathedral, a sightseeing boat cruise on the Thames River, and a charming tour of the Cotswolds Villages with included Tea Stop. See the flyer at the Center or check out our website for more details: pcactiveliving.org

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-style dinner, and a visit to Kitchen Kettle Village. See the flyer at the Center or check out our website for more details: 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 policies apply.

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 (single occupancy) is due March 20, 2026.



Do you know what to do in the event of an emergency?

Your safety is our top priority!

Please remember:

- If you hear a fire alarm, **evacuate immediately!**
- Stay calm and use the **nearest marked exit.**
- Leave all belongings behind.
- Go directly to the designated meeting area: **Outdoor Game Area** (unless otherwise stated)
- Follow all instructions from Center staff and emergency personnel.
- Remain at the designated meeting area until emergency personnel or Center staff instruct you otherwise.

It is important that we treat each drill as a real emergency!



Thank you for helping us keep everyone safe!

For more information and/or reservations, please contact: LuRee Sawyer (252) 426-5404



NOVEMBER 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

YOGA— Join Certified Yoga Instructor, **Amy Tinsley**, on **Tuesdays @ 9:30 am** 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.

SHINGLES — **Gabrielle Corprew**, Local Albemarle Regional Health Educator, will be onsite **Monday, November 3 @ 10:30 am** to discuss shingles, how to prevent it, how to recognize early symptoms, and so much more!

ADVANCE CARE PLANNING— **Ellie Ward, BSN, RN**, will be here **Tuesday, November 4 @ 10:30 am**, to discuss the who, what, when, where, how, and most importantly, the why of advance care planning. Be sure to bring your photo ID, as it will be needed for the completion of various documents.

CHRISTMAS FLOAT—**Tuesday, November 4 @ 1:00 pm** — Help us prepare 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. Register today!

EMS VITALS — Our local EMS team will be available on **Wednesday, November 5 @ 10:15 am** to check your blood pressure and vital signs.

HANDBELLS—Come join us as **Penny & Ms. Peggy** lead handbells on **Wednesday, November 5 @ 10:30 am**. When we ring together, harmony flows!

CRAFT WITH PENNY—**Thursday, November 6 @ 1:00 pm**—Turn wine cork into charm! Create a beautiful, rustic wreath using simple wine corks. Registration needed. Cost: \$3.00

TEA PARTY—Please join us on **Friday, November 7 @ 1:00 pm** for our 4th Annual Tea Party. Enjoy an elegant afternoon filled with tea, treats, and great company! Registration is needed! Costs: \$3.00



VETERAN'S SALUTE — Salute our service men and women with us on **Monday, November 10 @ 10:30 am**. Enjoy a thoughtful presentation by Veteran Services Officer, **Ron Stites**, accompanied by musical performances.

CLOSED—The Center will be **CLOSED** on **Tuesday, November 11, 2025**, in observance of Veteran's Day. Thank you for your service and sacrifices!

SWIMME & SON — **Wednesday, November 12 @ 10:30 am**—Join us for an informative and engaging presentation on bathroom safety. Learn simple tips and practical ways to keep your bathroom a safe place.

ACRYLICS — Discover the joy of painting with acrylics with **Penny** on **Thursday, November 13 @ 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 needed! Cost: \$5.00

CROQUET— **Thursday, November 13**, Leaving the Center **@ 12:30 pm**—Join us for a fun afternoon of Croquet at the Albemarle Croquet Club. Meet us there or drive on your own. Registration is needed!

SHIIP DAY — Appointments for your annual review here at the Center are scheduled for **Friday, November 14**. These appointments are limited. Pre-registration is required!

COOKING WITH THE SEASON—Join **Sarah Sowders**, NC Cooperative Extension Family and Consumer Science Agent, on **Monday, November 17 @ 10:30 am**, and learn how to turn your Thanksgiving leftovers into something new and delicious.



Riddle Me This...

I'm a fruit that is tart,
but paired with sweet..

I'm red and small,
and at Thanksgiving,
I'm a treat.

What am I?

A Cranberry



NOVEMBER 2025 — SCHEDULE CONTINUED

LET'S GO SHOPPING — **Tuesday, November 18**, leaving the Center @ **9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship in the Greenbrier area. Lunch will be on your own. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due at sign-up.

TERRI'S CARD MAKING AND STAMPIN'! — **Tuesday, November 18 @ 10:00 am** — Join **Terri Valentine** and enjoy creating a truly unique, greeting card using stamps, ink, papers, and more! Class size is limited. Registration is needed.

PHOTOGRAPHY 101—Join photographer **Pam Hadden** on **Wednesday, November 19 @ 10:30 am** and learn to capture every moment through cell phone photography.

CRAFT WITH PENNY—**Thursday, November 20 @ 9:00 am**—Make your own deco-mesh ribbon wreath just in time for Christmas. Registration is needed. Cost: \$5.00

SEW MUCH FUN — **Thursday, November 20 @ 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!

PICK & PAINT—**Thursday, November 24 from 9:00 am—2:00 pm (Floating Event)**—Grab a brush, pick your ceramic ornaments, and let your creativity flow.



THANKSGIVING FESTIVITIES — Let's come together **Tuesday, November 25 @ 11:30 am** in the spirit of Thanksgiving. Enjoy a joyful afternoon of food, friends, and thankfulness! Pre-registration is needed! Cost: \$5.00

CLOSED —The Center will be **CLOSED Thursday, November 27 and Friday, November 28, 2025**, in observance of the Thanksgiving holiday. We are thankful for you and wish you a wonderful Thanksgiving!

Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



Ingredients

- 3/4 cup Nonfat Vanilla Greek Yogurt
- 3/4 cup Pumpkin Puree
- 4 Eggs
- 2 tbsp. Flour
- 1 tsp. Vanilla Extract
- 4 tbsp. Maple Syrup or Honey
- 1/4 tsp. Cinnamon

A Pinch of Sarah

Baked Pumpkin Yogurt Bars

*Recipe provided by Sarah
Sowers with Ag Extension*

Directions

1. Preheat oven to 350 degrees. Spray 8x8 baking dish with cooking spray and set aside.
2. Whisk together yogurt, pumpkin puree, eggs, vanilla, maple syrup, and cinnamon until well combined.
3. Pour batter into the baking dish.
4. Bake for about 35 to 40 minutes, or until the center is set (no longer jiggles when you move the pan).
5. Allow to cool for at least 5 minutes before cutting into squares.

