



Perquimans County Center for Active Living
1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944
(252) 426-5404 Website: pcactiveliving.org

January 2026 Newsletter

*Happy
New Year!*

Has your personal information changed since becoming a member? What about your address, medication, or phone number? Update your information **TODAY!** See staff for help!

L.I.F.T.

Lifelong Improvements through Fitness Together

Join Sarah Sowders, NC Cooperative Extension Family and Consumer Science Agent, for an engaging 8-week class designed to help you:

- Improve your strength and mobility
- Explore healthy food choices
- Build lasting habits for regular physical activity

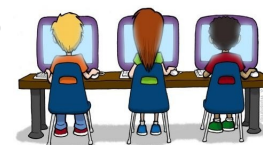
Begins January 6, 2026!

Register TODAY!



Digital Skills Information Sessions

**Returning February 2, 2026
@ 10:30 am**



Join **DaChelle Gupton**, ECU Community Engagement Coordinator, for this 4-module digital skills learning opportunity!

Easter JUBILEE

Get ready to let music lift your spirits and brighten your day!

**Tuesday
March 17, 2026
Departing @ 8:15 am**

Cost: \$35.00

A non-refundable trip fee is due upon sign up

College of the Albemarle Presents **Singin' ⁱⁿ the Rain**

**Thursday
March 26, 2026
Departing @ 9:15 am**



Come along as we head to COA to enjoy a fantastic live performance!

Cost: \$9.00

A non-refundable trip fee is due upon sign up

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

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**.



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

Digital Skills

Information Sessions

Join DaChella Upton, ECU Community Engagement Coordinator and learn more about the following topics:

Module 1: February 2nd

Smartphone Extras

Teaches participants how to navigate settings, organize apps, and use various productivity tools.

Module 2: February 9th

Microsoft Word & Google Docs

Teaches participants how to navigate word processing programs, create documents, format text, save, and print documents.

Module 3: February 16th

Microsoft Excel & Google Sheets

Teaches participants how to enter data in spreadsheets, use formulas, and create graphs and charts.

Module 4: February 23rd

Google Forms

Teaches participants how to create, format, and share a Google form.



JANUARY 2026 — 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.



CHESS— Discover the joy of chess with players of all skill levels on **Wednesday @ 1:00 pm**. From first-timers to seasoned players, all are welcome!

CLOSED—The Center will be **CLOSED Thursday, January 1, 2026** in observance of New Year's Day. Cheers to new days, new hopes, and the same wonderful you.

INDOOR CORNHOLE— Hole-in-One...Almost! Swing by on **Friday, January 2 @ 1:00 pm** for a fun and competitive afternoon of indoor cornhole! No experience needed! Sign up today!

SIPPING INTO WELLNESS— Join **Laurie Dablow** with the Edenton Tea Company on **Monday, January 5 @ 10:30 am** as we unwind and dive into the soothing world of tea! Register today!



LIFELONG IMPROVEMENT THROUGH FITNESS TOGETHER (L.I.F.T.) - In-person, group-based strength training program that lasts **8 weeks**. Participants meet twice each week for 1-hour sessions. The classes help improve your strength and mobility, learn healthy food options, and create a habit of physical activity. Class will be held: **Every Tuesday and Thursday starting, January 6, 8:30 am to 9:30 am, and ending February 26, 2026**. Registration is required!



EMS VITALS— Our local EMS team will be available on **Wednesday, January 7 @ 10:15 am** to check your blood pressure and vital signs.



HANDBELLS—Come join us as **Penny & Ms. Peggy** lead handbells on **Wednesday, January 7 @ 10:30 am**. When we ring together, harmony flows!

ACRYLICS— Discover the joy of painting with acrylics with **Stella Faye Corona** on **Thursday, January 8 @ 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, January 8**, leaving the Center **@ 12:30 pm**—Join us for a wonderful time in a laid-back setting, where friendship, fellowship, fun, and just a touch of friendly competition come together! Perfect for all experience levels! Ride with us or meet us there.

ARTHRITIS & JOINT HEALTH—Join **Gabrielle Corprew**, local Albemarle Regional Health Educator on **Monday, January 12 @ 10:30 am**, and explore different types of arthritis, common symptoms, treatment options, movement tips, and so much more!

LET'S GO SHOPPING— **Tuesday, January 13**, leaving the Center **@ 9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship at Lynnhaven Mall. Lunch will be on your own. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

CRAFT WITH PENNY— Meet **Penny** in the Craft Room on **January 15 @ 9:00 am** and create a versatile decoupage pot, perfect for holding a sweet treat, supplies, or even a small plant. Cost: \$2.00

Riddle Me This...

I don't tell time like a clock on the wall, but I help you remember birthdays, visits, and calls. I start fresh every January.
What am I?

A Calendar



JANUARY 2026 — SCHEDULE CONTINUED

SEW MUCH FUN — Thursday, January 15 @ 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!

MOVIE —Join us on **Friday, January 16 @ 1:00 pm** as we gather for a relaxing movie afternoon. Settle in, unwind, and enjoy a great film surrounded by friendly faces. Featured Movie: Because of Win-Dixie

CLOSED —The Center will be **CLOSED Monday, January 19, 2026** in observance of Martin Luther King Jr. Day. Today we pause to reflect, remember, and recommit to Dr. King's vision of equality and peace.

TERRI'S CARD MAKING AND STAMPIN'! — Tuesday, January 20 @ 9:00 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, January 21 @ 10:30 am** and learn to capture every moment through cell phone photography.

PÉTANQUE — Join us Thursday, January 22 @ 1:00 pm as we learn to play Petanque. This fun and social French game is fun for all skill levels!

PING-PONG – Friday, January 23, @ 1:00 pm—Paddles up, it's time to play some ping-pong! Come rally with us as we share big smiles and friendly competition. No experience needed! Sign up today!

INTRODUCTION/REGISTRATION TO SENIOR GAMES — Join **Kayla Benfield**, Albemarle Senior Games Coordinator, on **Wednesday, January 26 @ 10:30 am** for an opportunity to learn more about the Albemarle Senior Games and to register for the event!

Check our bulletin board for this month's choir schedule!

Did You Know?

The very first modern New Year's ball drop happened in January 1908 in Times Square.



Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



Mama's Front Porch Snow Cream



Ingredients

- 8-10 Cups of Fresh, Clean Snow
- 1 Can (14 oz) Sweetened Condensed Milk
- 1 tsp Vanilla

Directions

Drizzle condensed milk over the snow, add vanilla, and gently mix. Serve immediately!