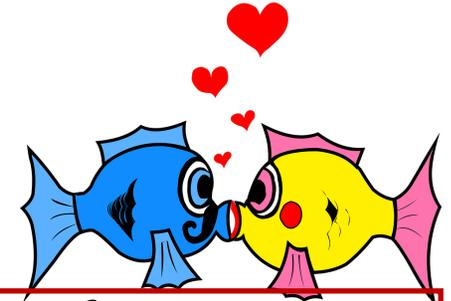




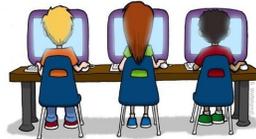
Perquimans County Center for Active Living  
1072 Harvey Point Road, Hertford, NC 27944  
(252) 426-5404 Website: [pcactiveliving.org](http://pcactiveliving.org)

## February 2026 Newsletter



### 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!

### National Wear Red Day

February 6, 2026

Show your support by wearing red, and helping raise awareness for heart health.



### Plant a Valentine

February 13, 2026  
9:00—11:00 am



Spread love and plant a tree!

Pick up a FREE tree (while supplies last)

### A VERY BERRY Valentine's Treat

February 13, 2026  
2:00 pm

Come be our Valentine!  
Stop by for a delicious serving of strawberry poke cake made with love.

### Scam Jam:

Protect Yourself from Fraud & Scams

February 13, 2026  
2:00 pm

Stay informed and protect yourself. Join us for the latest updates on internet scams, phishing scams, identity theft, Medicare fraud and mail fraud.

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!

### Albemarle Seniors Games



Registration Deadline:  
February 15, 2026

#### 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

## 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](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 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*



## NC Weatherization Assistance Program

The Weatherization Assistance Program (WAP) aims to reduce monthly energy burden on low-income households by improving energy efficiency.

### What we offer:

- ⇒ Air Sealing
- ⇒ Attic Insulation
- ⇒ Wall Insulation
- ⇒ Floor Insulation
- ⇒ Seal and Insulate Ducts
- ⇒ Heating/Cooling System Measures

### For more information:

**Visit**  
[albemarlecommission.org](http://albemarlecommission.org)

**Call**  
252-426-5753

## Free Tax Help!

The Hertford Rotary Club will once again offer free tax return services this year.

### Appointments available:

#### Tuesdays

12:30 pm — 4:30 pm

#### Saturdays

9:00 am — 12 noon

### Dates:

February 14<sup>th</sup>—April 14<sup>th</sup>, 2026.

**Call (252) 619-7618 to schedule your appointment today!**

# Digital Skills

## Information Sessions

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

### Module 1: February 2<sup>nd</sup>

#### Smartphone Extras

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

### Module 2: February 9<sup>th</sup>

#### Microsoft Word & Google Docs

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

### Module 3: February 16<sup>th</sup>

#### Microsoft Excel & Google Sheets

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

### Module 4: February 23<sup>rd</sup>

#### Google Forms

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



## FEBRUARY 2026 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

**DIGITAL SKILLS** — Join **DaChella Gupton**, ECU Community Engagement Coordinator, for this 4-session digital skills workshop designed to help build your confidence with technology. Each session will focus on a different topic. Classes will be held **every Monday from February 2 to February 23 @ 10:30 am**.

**LIFELONG IMPROVEMENT THROUGH FITNESS TOGETHER (L.I.F.T.)** — An in-person, group-based strength training program that lasts **8 weeks**. Participants meet twice each week for 1-hour sessions. These classes help improve your strength and mobility, learn about healthy food options, and create a habit of physical activity. Classes will be held **every Tuesday and Thursday ending February 26 @ 8:30 am**. Registration is required!

**ADVANCE CARE PLANNING** — **Ellie Wars, BSN, PN**, will be here **Tuesday, February 3 @ 9:00 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.

**EMS VITALS** — Our local EMS team will be available on **Wednesday, February 4 @ 10:15 am** to check your blood pressure and vital signs.

**HANDBELLS** — Come join us as **Penny & Ms. Peggy** lead handbells on **Wednesday, February 4 @ 10:30 am**. When we ring together, harmony flows!

**NATIONAL WEAR RED DAY** — **Friday, February 6, 2026**, is National Wear Red Day! Join us in wearing red to raise awareness and stand with the American Heart Association in the fight against cardiovascular disease.

**SENIOR ADULT VALENTINE LUNCHEON** — **Tuesday, February 10**, leaving the Center **@ 11:00 am** — Traveling to Camp Cale for an afternoon of fellowship, entertainment, and a delicious meal. Registration is closed.

**COMMUNITY GARDENING** — Kick off the year by joining **Penny** on **Wednesday, February 11 @ 10:30 am**, for a collaborative planning meeting. We'll share goals, discuss ideas, and offer suggestions as we prepare for a successful year of gardening, teamwork, friendship, and fellowship. Sign up today!

**ACRYLICS** — Discover the joy of painting with acrylics with **Penny** on **Thursday, February 12 @ 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!

**CROQUET** — **Thursday, February 12**, 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.

**PLANT A VALENTINE** — Love is in the air and in the soil! Stop by on **Friday, February 13, between 9:00—11:00 am** to celebrate Plant a Valentine. Pick up a FREE tree (while supplies last), courtesy of Green Saves Green and the NC Forest Service.

**A VERY BERRY VALENTINE TREAT** — Join us for a very berry sweet treat on **Friday, February 13 @ 2:00 pm**. We're serving strawberry poke cake! Come enjoy, relax, and treat yourself!

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, February 17 @ 9:00 am** — Join **Terri Valentine** and enjoy creating a truly unique greeting card using stamps, ink, paper, and more! Class size is limited. Registration is needed.



### Riddle Me This...

I come out in February,  
just for a peak,  
to tell you if springs  
is far or next week.

What am I?

*The Groundhog*



## FEBRUARY 2026 — SCHEDULE CONTINUED

**PHOTOGRAPHY 101** — Join photographer **Pam Hadden** on **Wednesday, February 18 @ 10:30 am**, and learn to capture every moment with cell phone photography.



### Did You Know?

Laughing is good for your heart! It helps blood vessels relax and improves blood flow.

**SEW MUCH FUN** — **Thursday, February 19 @ 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!



**INDOOR PÉTANQUE** — It's time to play! Join us **Friday, February 20 @ 1:00 pm** for a fun and social game of Pétanque.

**LET'S GO SHOPPING** — **Tuesday, February 24**, leaving the Center **@ 9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship in Williamston, NC. 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.

**HEART HEALTH AWARENESS** — As we recognize American Heart month, join **Gabriell Corprew**, Local Albemarle Regional Health Educator, on **Wednesday, February 25 @ 10:30 am**, and learn how to take care of your heart.



**SCAM JAM** — **Thursday, February 26 @ 10:00 am**— Scammers are always finding new ways to trick people, but staying informed is your best defense. Get the latest updates on internet scams, phishing attempts, identity theft, Medicare fraud, and mail fraud, plus helpful tips to stay safe.

**MOVIE** — Join us on **Friday, February 27 @ 1:00 pm** as we gather for a relaxing movie afternoon. Settle in, unwind, and enjoy a great film surrounded by friendly faces. Movie selection coming soon!



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

### **Center Staff:**

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



## **A Pinch of Sarah**

### Skillet Apples

#### Ingredients

- 1 Large Granny Smith Apple (Cut in 1/2 wedges)
- 1 Large Gala, Johnathan, or Red Delicious apple (Cut into 1/2 wedges)
- 2 Tbsp. firmly packed dark brown sugar
- 1 Tbsp. light tub margarine

#### Directions

1. Heat a large nonstick skillet over medium-high heat. Immediately reduce the heat to medium. Put all the ingredients in the skillet and stir together.
2. Cook for 10 minutes, or until just tender, stirring gently and frequently.
3. Enjoy!

*Recipe provided by Sarah Sowers with Ag Extension*