



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



March 2026 Newsletter

Trivia Social Hour

Think you've got what it takes?

**March 13, 2026
1:00 PM**

Join our Trivia Social Hour for a mix of brain-teasers, laughs, and good company!



Introduction & Registration to **Walk with Ease** & SPRING WALKING CHALLENGE

March 16, 2026 @ 9:00 AM

Walk with Ease (WWE) program and complete the necessary registration paperwork. Walk with Ease is a 6-week walking program developed by the experts at the Arthritis Foundation and Osteoarthritis Action Alliance to provide tools and techniques for building and maintaining a successful walking program.



Let the Games Begin!

**April 14, 2026
9:00 AM**

Head to the Perquimans County Recreation Center for the Albemarle Senior Games, where fitness meets fun! Participants can showcase their athletic abilities in events like the football throw, shot put, discus, and more!

To participate, registration is required!

For more information contact **Kayla Benfield at (252) 404-7088**

Community Gardening

**March 26, 2026
9:00 AM**

No experience needed!
Come join the fun!



Easter Celebration

**April 1, 2026
2:00 PM**

Hippity-hoppity, Easter is on its way!

Join us for a delightful afternoon filled with games, cheerful laughter, and wonderful company!



TASTE & TOUR: ITALY

**April 30, 2026
12:30 PM**

Enjoy a virtual tour of iconic sights and culture while sampling delicious Italian-inspired cuisine.



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

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: Any remaining balance to complete a total payment of \$519.00 (per person - double occupancy) or \$629.00 (single occupancy) is due by **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
- ⇒ Seak and Insulate Ducts
- ⇒ Heating/Cooling System Measures

For more information:

Visit
albemarlecommission.org

Call
Brian Rollinson
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 14th—April 14th, 2026.

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

COMMUNITY YARD SALE

Saturday
May 30, 2026
8:00 am—12:00 pm

A limited number of rental spaces are still available!

\$15 (no table setup)
\$20 (table setup included)

Registration & Payment due by:
April 1, 2026



MARCH 2026 — SCHEDULE

Review the Daily Activities section of this month's newsletter for more regular occurring activities!

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

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

TERRI'S CARD MAKING AND STAMPIN'! — **Thursday, March 5 @ 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.

HOMETOWN ADVENTURE—Travel with us to Four Corners Store, **Thursday, March 5**, departing **@ 12:30 pm**. Enjoy browsing unique finds, seasonal treasures, and a great bargain with friends. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

DAYLIGHT SAVINGS — Don't forget to spring forward! Daylight Saving Time begins **Sunday, March 8, 2026**. Remember to set your clock ahead one hour and enjoy the extra daylight!



DIGITAL SKILLS — Join **DaChelle Gupton**, ECU Community Engagement Coordinator, **Monday, March 9 @ 10:30 am** for this makeup digital skills workshop designed to help build your confidence with technology. This session's topic is Smartphone Extras.

ACRYLICS — Discover the joy of painting with acrylics with **Penny** on **Thursday, March 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, March 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!

TRIVIA DAY— **Friday, March 13 @ 1:00 pm**—Gather your crew and see who takes the trivia crown! Enjoy lighthearted questions, good company, and plenty of laughs. Register today!



INTRO TO WALK WITH EASE — Accompany us on **Monday, March 16 @ 9:00 am**, as we introduce the Walk with Ease (WWE) program and complete the necessary registration paperwork. Walk with Ease is a 6-week walking program developed by the experts at the Arthritis Foundation and Osteoarthritis Action Alliance to provide tools and techniques for building and maintaining a successful walking program. Program will be held every Monday, Wednesday, and Friday beginning April 6 and ending May 15, 2026.

THE RUDY THEATER: EASTER JUBILEE — **Tuesday, March 17**, leaving the Center **@ 8:15 am**—Celebrate the season with us as we travel to the Rudy Theater for their Easter Jubilee. Enjoy a musical performance filled with the sounds of spring, songs of the season, and the true message of Easter. Enjoy lunch on your own at Smithfield's Chicken 'N Bar-B-Q. Registration is closed.



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

CRAFT WITH PENNY — Meet **Penny** in the Craft Room on **March 19 @ 9:00 am** and let your creativity bloom as we create charming spring arrangements using artificial flowers. Register today! Cost: \$3.00

SEW MUCH FUN — **Thursday, March 19 @ 1:00 pm** — Whether you are new to sewing or more advanced, this class has something for you! Join **Angela Ermi** to sharpen your sewing skills and share ideas with others. Register today!

Riddle Me This...

I'm green but not a frog,
I bring luck but not a charm.

What am I?

A Shamrock



MARCH 2026 — SCHEDULE CONTINUED

OUTDOOR GAMES—Bring a partner **Friday, March 20 @ 1:00 pm** and come play some competitive outdoor games.

NUTRITION & FOOD LABELS— **Monday, March 23 @ 10:30 am**—As we recognize National Nutrition Month, join Gabrielle Corprew, Local Albemarle Regional Health Educator, as we learn how nutrient needs change with age, discuss food options from all food groups, explore where food comes from, and the community resources available!

LET'S GO SHOPPING — **Tuesday, March 24**, leaving the Center **@ 9:00 am**— Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship at the Outer Banks. Lunch will be on your own at the Black Pelican. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

COMMUNITY GARDENING — Join **Penny** on **Thursday, March 26 @ 9:00 am**, as we kick off preparations for this year's community garden and get ready for a season full of growth, color, and connection. Sign up today!

MOVIE —Join us on **Friday, March 27 @ 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: "The Greater"

SMITH'S RED AND WHITE — **Tuesday, March 31**, leaving the Center **@ 9:00 am**—Visit a family-owned, fourth-generation grocery store and browse old-fashioned candies, a meat market, and so much more! Lunch will be on your own at their onsite restaurant. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

Center Staff:

LuRee Sawyer

Bert Gordon

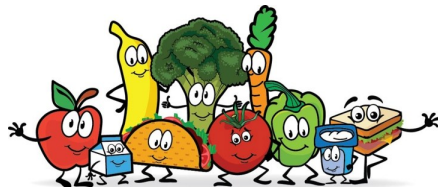
Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith

March is National Nutrition Month!

What better way to celebrate than by becoming a
Meals on Wheels volunteer?



Contact Jenny at (252) 426-8309 for more information!

A Pinch of Sarah

Emerald Isle Spring Pea & Potato Soup

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 leek (white/light green only), sliced
- 1 celery stalk, sliced
- 1 carrot, chopped
- 4 cups low-sodium chicken broth
- 1 small Parmesan rind (optional)
- 4 oz baby potatoes, sliced
- 1 cup green peas (fresh or thawed frozen)
- 8 oz sugar snap peas, chopped
- ½ bunch asparagus, chopped
- Salt & pepper
- 2 tbsp fresh dill or parsley
- Optional: splash of cream or Greek yogurt

Directions

1. **Build the Flavor Base:** Heat olive oil in a pot over medium heat. Add leek, celery, and carrot. Cook 6–8 minutes until soft.
2. **Simmer the Broth:** Add broth, 2 cups water, and the Parmesan rind. Bring to a boil, then reduce to a gentle simmer. Cook uncovered for about 10 minutes.
3. **Add the "Gold":** Stir in baby potatoes and simmer until tender, about 8 minutes.
4. **Turn It Emerald Green:** Add peas, snap peas, and asparagus. Cook just until bright green and tender, about 2 minutes.
5. **Finish & Serve:** Remove from heat and discard Parmesan rind. Season with salt and pepper. Ladle into bowls and top with fresh dill or parsley. Add a swirl of cream if desired for a "lucky" finish.