

**PERQUIMANS COUNTY SENIOR CENTER**  
1072 Harvey Point Road - P.O. Box 615 - Hertford, NC 27944  
Activities: 8:30am – 4:30pm Monday - Friday  
Phone: 426-5404, e-mail: seniorcenteroffice@perquimanscountync.gov  
Website - pcseniors.org  
Staff: Bert Gordon, Beverly Gregory, Nellie Sawyer and Penny Trueblood  
**July, 2021**

**Regularly Scheduled Activities**

**AFTERNOON GAMES-** Games are on the calendar scheduled for afternoons. You may play at other times if you have a group to play and there is space available.

**BINGO-** Bingo is played each Thursday from 2pm until 4pm with at least four players. No charge to play. Small prizes awarded. Bring a snack about once a month to share with fellow players. We have a snack break at 3pm for 15 minutes.

**BIRTHDAY CELEBRATION -** July birthdays will be celebrated on Wednesday, July 7, following lunch about 12:00pm. Please let us know if you are a July birthday person.

**BOWLING -** Seniors bowl on Tuesdays starting at 1pm at Albemarle Bowling Lanes in Elizabeth City . Cost is \$2.50 per game.

**CANASTA** – Table games are played each afternoon and Canasta is a favorite.

**CHOIR -** The choir meets for practice the first Thursday of each month. This month the choir will meet, Thursday, July 1<sup>st</sup> for practice and will sing at New Hope on July 18<sup>th</sup> at 6pm. ***Thank you choir members! New Members are welcome.***

**COMPUTER STATIONS-** We have four computers for you to use. Please no food or drink in this area. Open Monday - Friday, 8:30 am until 4:30 pm.

**CONGREGATE MEALS:** Meals are served Monday, Wednesday and Friday@11:30am. You must sign up for your lunch prior to noon by the Lunch day preceding the date you attend. All Perquimans County members 60 years of age and better are invited to join us for nutrition. If you have not yet attended and would like to join in this wonderful meal and great fellowship, please see Nellie Sawyer to complete your application. Office hours: 9am-1pm **426-8309. Donations are needed and accepted!**

**EXERCISE CLASS-** This low impact exercise class is scheduled for Monday, Wednesday and Friday starting at 9:30am. You must have a wavier and registration form on file in order to participate.

**FITNESS ROOM-** The Fitness room is open 8:30 am until 4:30 pm, Monday - Friday. You need a registration and waiver on file in order to use the equipment.

**GAME ROOM -** We have 2 billiards tables, Table Tennis tables, as well as, Darts available in this room. Open Monday - Friday, 8:30am-4:30pm.

**LINE DANCING-** Come join us for Line Dancing, each Tuesday morning at 10:00am. The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell, leaders for both classes. Thank you Mike and Lorraine. Donations accepted!

**MASTER GARDENERS:** Master Gardeners lead us in creating raised beds with vegetables, herbs and plants to be enjoyed by Center members. Please join us each Tuesday from 9:00-11:00am.

**OUTDOOR GAMES:** Shuffleboard, Bocce, Croquet, Horseshoe, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting.

**PICKLEBALL-** This game is played at the Rec Center Monday, Tuesday and Thursday mornings starting at 9:30 a.m. You may call 426-5695 to be sure there are others there to play.

**ROOK, PHASE 10, RUMMIKUB, TUCK & CANASTA-** All these games are available here to play or bring your own.

**T'AI CHI CLASSES-** Harriet Marquit is the instructor for the T'AI CHI class and meets Thursday afternoons with class beginning at 2pm and rotating with Yoga class instruction. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us.

**TRAIN DOMINOES:** Each Friday we gather to play Train Dominoes at 1pm. Come and play or come to learn and play.

**VAN SHOPPING TRIP -** This month's van trip will be on ***Tuesday, July 27th***. We will depart at 9am and returning by 4:00pm. \$3.00 per person. Please make your reservation by Tuesday, July 20th. See Penny for details.

**YOGA CLASSES -** Harriet Marquit will lead Yoga, Thursday, July 8th and 22nd at 2pm. \$3.00 per Session.

**ZUMBA-** Cynthia Elliott is offering Zumba, every Tuesday at 2pm. \$5.00 Session Fee. Ms. Elliott will lead this aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music for a minimum class of eight to ten members.

## ORGANIZATIONS

**FAMILY CAREGIVER SUPPORT GROUP**- This support group is for those caring for a loved one with Alzheimer's disease or another form of dementia and meets on the 2nd Monday of the month in the Sunday School Building of the Hertford United Methodist Church starting at 1pm. You are not alone. For more information, call Lynne Raisor at 404-7090.

**SENIOR FOOD BOX**: CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens age 60 and better with household income with financial qualifications. You may contact a CSFP representative for information by calling 252-337-4755. This month the Senior Food Box Distribution Date is Friday, July 9<sup>th</sup> **at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is required.

**TOPS (Take Off Pounds Sensibly)** -TOPS is a weight loss group and meets each Thursday with weigh in beginning at 9:00am and the program starting at 10am. New members are welcome.

## SPECIAL ACTIVITIES

**FRIENDSHIP ROCKS**: Ms. Doreen leads us each month, the first Thursday of the month with this opportunity to paint Friendship Rocks with a friendly face, picture or inspirational message to keep for yourself or share in our community. This month we will meet Thursday, July 1<sup>st</sup> from 9:00-11:00am.

**MEDICARE 101**: **Thursday, July 1 at 10:30am**, Lisa Barker, our Northeast Regional SHIP Manager will provide a MEDICARE 101 Class. This opportunity is for seniors age 64+ seeking information regarding Medicare options and requirements.

**BLOOD PRESSURE AND VITAL SIGNS**: **Wednesday, July 7th from 10:00 am until 11:15am**. Members of our very own Perquimans County Emergency Services will be available to check your blood pressure and vital signs.

**ACRYLICS FOR BEGINNERS**: **Thursday, July 8**, Sandra Henely will lead painting with acrylics from **9:00-11:00am**. Cost is \$5.00. Registration limited to eight participants.

**LUNG CANCER EDUCATION AND PREVENTION**: Vidant Chowan Hospital will host this educational opportunity, **Wednesday, July 14 at 10:30am**.

**JEWELRY CLASS**: **Thursday, July 15 at 9:00am**, PAL will lead in a jewelry making class. Limited Class Size. Please register by Monday, July 12.

**ACRYLICS WITH TINA FIELDER**: **Thursday, July 22, from 1:30-3:30pm** Tina will lead in acrylic painting of an Egret. Please register. Class size limited to eight participants. Cost \$15.00.

**DECOUPAGE WITH TERI**: **Thursday, July 29, beginning at 9:00am**, Teri Crowe will lead in decoupage of a tray. Please register and come to join us!

## UPCOMING ADVENTURES!

**SAVANNAH, GA & THE GOLDEN ISLES: NEW TRAVEL DATES!!! December 6-8, 2021**, Your 3Day/2Night Fabulous Trip Awaits you and includes 2 Wonderful Dinners, One will be at the Pirates House, Guided Tour of Historic Savannah, Performance at the Savannah Historic Theater for the performance of "A Christmas Tradition," Guided Holiday Tram Tour of Jekyll Island, Tour of St. Simons Island and Visit to Famous River Street, \$399.00 per person with double occupancy. Please call, register and make your payment prior to July 22, 2021. Limited availability.

**HERSHEY & LANCASTER, PA**: Please join us for these adventure-filled days, May 2-May 4, 2022. This Three Day/2Night adventure includes 2 special dinners including dinner at Millers Smorgasbord, a brand new production of "David" at the Sight & Sound Theater, guided tour of Hershey, Pennsylvania, a chocolate-coated candy kingdom while we learn the history of Milton S Hershey and how he created his company, town and the school he founded; explore the great American chocolate tour at Hershey's Chocolate World and a visit to Kitchen Kettle Village! Trip cost is \$399.00 per person with double occupancy. First deposit of \$100.00 is due by January 7, 2022 with final payment by February 28, 2022.

## CENTER & NUTRITION CLOSED

The Senior Center and the Nutrition Center will be closed, Monday, July 5<sup>th</sup> in celebration and recognition of Independence Day.