

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
September, 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. This month's Bingo will be rescheduled the last week of the month to play on Wednesday. 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 - September birthdays will be celebrated on Wednesday, September 1st, following lunch about 12:00pm. Please let us know if you are a September 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, September 2nd for practice. September 9, the choir will leave at 11:30am, lunch at Burger King and sing with Heritage Care at 1pm. September 12, the choir will participate in New Hope UMC Singspiration at 6pm and will meet at the center to ride together at 5:30pm. September 16, the choir will leave the center at 11:30am, enjoy lunch at Quality Seafood and sing at 1pm with Kindred Care. September 23, the choir will leave the center at 11:45am, travel to Chicken Kitchen for lunch, and sing with Primetime Edenton at 1pm. September 30th, the choir leaves at 11:30am, travels to Chick-fil-A for lunch and sings with Waterbrook in Elizabeth City by the Hospital at 1pm. ***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 day lunch is served 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 Tuesdays, September 7, September 14 and September 21 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, September 7th**. We will depart at 9am and returning by 4:00pm. \$3.00 per person. Please make your reservation by Tuesday, August 10th. See Penny for details.

YOGA CLASSES - Harriet Marquit will lead Yoga, Thursday, September 2nd, 16th & 30th 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, **September 10th 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

BLOOD PRESSURE & VITAL SIGNS: Wednesday, **September 1st at 10:15am** our local EMS team will be available to check your blood pressure and vital signs.

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, September 2nd from 9:00-11:00am**.

ACRYLICS FOR BEGINNERS: **Thursday, September 9th**, Sandra Henely will lead painting with acrylics from **9:00-11:00am**. Cost is \$5.00. Registration limited to eight participants. Please register by Tuesday, September 7th.

PAL: Our Perquimans Arts League will lead us in **metal jewelry making**, Thursday, **September 16, from 9am to 11:30am**. Cost is \$6.50. Please register by September 13, 2021.

AARP DRIVER SAFETY COURSE: **Thursday, September 23rd**, from 8:30-1pm. AARP will offer a four hour Driver Safety Course. Members \$20.00 Non-members \$25.00. Please register by September 20th.

ACRYLICS WITH TINA FIELDER: **Thursday, September 23rd, from 1:30-3:30pm** Tina will lead in acrylic painting. Please register by Tuesday, September 21st. Class size limited to eight participants. Cost \$15.00.

FALL PREVENTION: September is Fall prevention Month and there is a nationwide effort to raise awareness that falls are preventable. We encourage older adults to be falls free and independent. **Monday, September 27th, our local EMS will provide a presentation to support fall prevention as well as, a quick refresher on hands only CPR. 10:30-11:30am.**

MILITARY AVIATION MUSEUM: **Tuesday, September 28**, we will leave the center at **8:20am** and travel to Virginia Beach for a tour of this museum, which is home to one of the largest private collections of World War I and World War II era military aircraft in the world. Each of the planes has been beautifully restored to its prior military condition, using original parts whenever possible. Most of the planes are airworthy and flown at the museum during flight demonstrations and at air shows throughout the year. Some being the last flight-ready aircraft of their time, and all of them being one of a kind. Admission is \$13.00. Lunch will be on your own upon conclusion of the tour. It is recommended that you bring a cool bottle of water and a snack. The tour will be at least two and one-half hours in time. The hangers, which are part of the tour, are located outside without cooling. Registration is required by September 20th.

Fall Prevention with Vidant: *Wednesday, September 29, 10:30-11:30am*, Vidant Representative Jordan Walton will provide helpful education to support fall prevention. Falls have become epidemic in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions. Falls are also the leading cause of injury related emergency department visits for older adults and the major cause of hip fractures. Please join us for this opportunity to improve our health and safety.

SPOONING WITH CAROLYN: Come spoon up a Fall craft with Carolyn, *Thursday, September 30th from 9-11am*. Pre-registration required by Tuesday, September 28. Cost: \$5.00.

NATIONAL CHOCOLATE DAY: *Thursday, October 28* is **National Chocolate Day**. We will celebrate with chocolate!

UPCOMING ADVENTURES!

GREAT BRIDGE MUSEUM: *Thursday, October 14* we will depart the center at **8:30am** to travel where an irreplaceable piece of American History battlefield has been preserved, which commemorates and promotes to the nation the strategic importance of the Battle of Great Bridge and the economic and cultural contributions made by the Albemarle & Chesapeake and Dismal Swamp Canals. Cost of admission is \$9.00 each. The tour begins at 10:00am. Lunch will be on your own and enjoyed prior to returning to the center. Register by October 1st.

NC STATE FAIR: *Tuesday, October 19th*, we will travel with 10 others to the NC State Fair. We plan to leave the center at 6:30am. Seniors age 65 and better will have free admission. More information as published. Cost \$5.00. Registration by October 12th.

HEALTHY EATING: What we have all been waiting for! Vidant Team Member Judith Garrett will provide healthy eating knowledge with us *Monday, October 25th, 10:30am*. Please join us! A healthy diet is essential for good health and nutrition.

FLU VACCINE CLINIC: *Wednesday, October 27th*, Walgreens will provide a flu vaccine clinic from 9:30-11:30am. Remember to bring your insurance information. Register by Monday, October 25th.

SAVANNAH, GA & THE GOLDEN ISLES: *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. Reservations have been placed. Final Deposit is due October 1st.

HO HO CHRISTMAS SHOW AT MIKE'S FARMS: *Friday, December 10th, 10:30am*, we will travel to Beulaville with Southern Express to enjoy some "old-fashioned cooking served buffet style, a musical variety show of Christmas classics and a touch of comedy with Gaylon Pope & SweetWater! We will top off the evening with the Festival of Lights Hayride. Cost is \$100.00 each and registration and cost are required by Wednesday November 24, 2021.

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.

MEDICARE OPEN ENROLLMENT:

Looking ahead: Medicare open enrollment begins October 15 and extends through December 7, 2021. A Fact Sheet entitled "The Road to Medicare and Planning your Drive" states that "it is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance." More information may be obtained by contacting SHIIP (Seniors' Health Insurance Information Program) with phone number 805-408-1212 or ncshiip@ncdoi.gov.