

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
October, 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 Wednesday from 1pm until 3pm 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 - October birthdays will be celebrated on Wednesday, October 6th, following lunch about 12:00pm. Please let us know if you are an October 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. Please come join us. We welcome you and are glad to share how to play this opportunity.

CHOIR - The choir meets for practice the first Thursday of each month. Practice is scheduled for Thursday, October 7th at 1pm. Brother Bill will keep us advised of further opportunities. ***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 dine-in 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 waiver 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, October 12th and October 26th from 9:00-11:00am. Volunteers for watering are welcome and needed.

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 chair Yoga class instruction. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us. Classes this month are Thursday, October 7th and Thursday, October 21st.

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, October 5th**. We will depart at 9am and returning by 4:00pm. \$3.00 per person. Please make your reservation by Monday, October 4th. We will travel to the Greenbrier area.

YOGA CLASSES - Harriet Marquit will lead Yoga, Thursday, October 14th and October 21st 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, **October 8th 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, **October 6th 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, October 7th from 9:00-11:00am**.

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.

ACRYLICS FOR BEGINNERS: **Thursday, October 14th**, 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, October 12th.

ARHS HEALTH EDUCATOR: **Friday, October 15th at 10:30am**, our local health education, Shayla Hayes, will bring information regarding breast cancer.

NC STATE FAIR: **Tuesday, October 19th**: Ten members 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 for travel. General admission for under age 65 is \$13.00. Registration by October 12th.

JEWELRY MAKING: **Thursday, October 21st**, we will host a jewelry making class from 9:00am to 11:00am. Registration is limited. Please register by Monday, October 18th.

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.

ACRYLICS WITH TINA FIELDER: **Thursday, October 28, from 1:30-3:30pm** Tina will lead in acrylic painting. Please register by Tuesday, October 26. Class size limited to eight participants. Cost \$15.00.

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

BREAST CANCER AWARENESS: **Friday, October 29, at 10:30**, Vidant Chowan representative, Jennifer Lewis will present Breast Cancer Awareness and Prevention.

***** SOMETHING PUMPKIN:** Join us **Wednesday, October 27th at 1pm** for “a something pumpkin” treat and crafts. Registration for the “pumpkin craft” is limited. Please register by October 21st.

UPCOMING ADVENTURES!

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 ncshiiip@ncdoj.gov.

Appointments for your annual review here at the center will be scheduled for Tuesday, November 9th and Thursday, November 18th, with appointments scheduled from 9am through 1pm. These appointments are limited and by preregistration only. Should you not register for review here at the center and would like to meet in person for your review, please contact Jasmine Wilson or Ashley Lamb at your earliest convenience in order that you may receive assistance.

WHO TO CALL:

Residents that have questions about Medicare or Prescription Drug (Part D), can contact:

Jasmine S. Wilson
Aging Program and Contracts Specialist &
Long Term Care Ombudsman CAC Program Assistant
jwilson@accog.org
Direct Phone Line: (252)426-8244

Ashley Lamb
Aging Program Specialist
252-404-7088
alamb@accog.org

Jasmine and Ashley have over fifteen years of experience with the North Carolina Seniors Health Insurance Information Program and are excellent educators with compassion for the older population. Their office is located at the Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC.