

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, Penny Trueblood
Nutrition: Jenny Coppersmith

January, 2022

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.

BELLS WITH MS. PEGGY: Wednesdays beginning at 10:30am, and following morning exercise class, Ms. Peggy will lead in Hand Bells. Ringers are welcome!

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 2pm for 15 minutes.

BIRTHDAY CELEBRATION – January birthdays will be celebrated on Wednesday, January 5, following lunch about 12:00pm. Please let us know if you are a January 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 will resume practice on January 6, 2022 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 Jenny Coppersmith 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 Gardener, Annie Nofsinger leads us in creating raised beds with vegetables, herbs and plants that will be enjoyed by Center members. Please join us Tuesday, January 11 at 2pm as we consider plans for the 2022 Center Garden. From this collaboration of ideas, a plan for the 2022 garden will be set forth which will include the design as well as, what and when we will be planting. Annie will talk with us about espalier, the technique used to train a plant to grow in a flat plane against a fence, and we will use it for the blackberry bush. Discussion will include rain gutter gardens and we look forward to creative planting ideas as a group.

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. Rook tables have been requested for Wednesdays, beginning January 5 at 1pm.

T'AI CHI CLASSES - Harriet Marquit is the instructor for the T'AI CHI class and meets Thursday afternoons, January 13 and 27. This class begins at 2pm 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.

TRAIN DOMINOES - Each Monday 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, January 18th**. We will depart at 9am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, January 14th. We will travel to the Greenbrier area.

YARN CORNER: Tuesdays, you have an opportunity to join in sharing ideas and projects as we gather to knit and crochet together at 1pm.

CHAIR YOGA CLASSES - Harriet Marquit will lead Chair Yoga, Thursday, January 6 and January 20, 2021 at 2pm. \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesdays, January 4 and January 18 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, **January 14 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, January 5 at 10:15am**, our local EMS team will be available to check your blood pressure and vital signs.

FRIENDSHIP ROCKS: Ms. Doreen leads us the first Thursday of each 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, January 6 from 9:00-11:00am**.

ACRYLICS FOR BEGINNERS: **Thursday, January 13**, Sandra Henely will lead acrylics from **9:00-11:00am**. Cost is \$5.00. Registration limited to eight participants. Please register by Friday, January 7, 2022.

PERQUIMANS ART LEAGUE GALLERY: **Thursday, January 20, 9:45am**, join us for a tour of our local art gallery. *"Located in the Historic District of Hertford, North Carolina, the Perquimans Arts League exhibits and sells the work of approximately 95 artists and craftsmen from the surrounding area. In addition to paintings and photography, you will find a wonderful assortment of handcrafted jewelry and pottery, fiber art, glass and wood items, as well as books by local authors. Exhibits are frequently changing, so there's always something new and exciting."* Special exhibits provided by students of Hertford Grammar School and Perquimans Central School are available. At the conclusion of the tour, you will an opportunity to enjoy lunch together.

ACRYLICS WITH TINA FIELDER: **Thursday, January 20th from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Tuesday, January 18th. Class size limited to eight participants. Cost \$15.00.

OVARIAN CANCER AWARENESS AND PREVENTION: Friday, January 21, at 10:30am, Jennifer Lewis, team member of Vidant Health, will present education of Ovarian Cancer and prevention.

WOULD YOU LIKE TO BUILD A SNOWMAN? Come join us **Thursday, January 27 at 9:00am**. We will have wood rounds for you to create a snowman for your collection.

PHILIPPIANS: Join Sandra Henely as she leads in the study of Philippians that provides a way to overcome anxiety. *Tuesday, January 27, 2022 at 1pm.* Please register by January 25th.

NATIONAL WEAR RED DAY: Friday, February 4, 2022, is National Wear Red Day! Join us as we wear red to raise awareness and learn action steps towards the American Heart Association's goal of reducing death and disability from cardiovascular disease. **Ms. Teri Crowe**, will share her success story as a heart transplant patient to better understand procedures and the impact a new heart can have on a recipient and his/her family.

WALK WITH EASE: Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. This program is for people who want to reduce the pain and discomfort of arthritis and/or joint pain, desire to increase balance, strength and walking pace, build confidence in the ability to be physically active and improve overall health. This program begins Monday, February 14, 2022. Sessions start promptly at 8:30am, Monday, Wednesday and Friday each week, with an anticipated class ending date of March 25, 2022. Please register for this class by February 8, 2022. An informational session will be held Monday, February 7, 2022 at 10:45am.

ROYAL CHOCOLATE: Tuesday, February 15, we will travel to Virginia Beach and visit the Royal Chocolate Store and Factory. We will be able to observe the candy making process and visit and shop this premier chocolate store. We will leave from the center at 9:30am, visit the Royal Chocolate, enjoy lunch on our own, stop for shopping in a thrift store and return by 4:00pm. Reservations required by Thursday, February 10. Cost: \$3.00.

CARD PARTY: Join us! Bring your team! Our Annual Card Party was disrupted in 2020 and 2021; however, we are thankful to announce we will host a Card Party, Friday, February 18th for you. Lunch will be served from 12 to 1 and games will be played from 1pm to 4pm. Cost is \$8.00 per person. You will need to invite and gather your group to play at your table. Next, you need to register by February 9th, bring your team, and enjoy this great opportunity of lunch and fellowship.

HEART HEALTHY NUTRITION: Shayla Hayes, our local Health Educator, will lead us in a Heart Healthy Nutrition plan. *Friday, February 25 at 10:30am.*

TALENT CELEBRATION: Thursday, March 17th from 1pm-3pm. **SAVE THE DATE & REGISTER** to share your gifts and talents! We invite you to join us as we celebrate and share our gifts and talents. Please call or come by to reserve your time to "shine" by March 11th. Vocal, dancing, drumming, martial arts, instrumental, hula dance, comedy/drama, recitation, poetry or wood chiseling – for just a few!

SENIOR GAMES

The Mission of Senior Games is to promote total health and physical fitness. Events of longer duration and lower intensity are strongly recommended. High-intensity types of activities are offered primarily for a conditioned trained athlete. To be eligible to participate you must be 50 years of age or better on/or before December 2022 and be a resident of North Carolina for three (3) consecutive months each year. Registration information will be available early January, 2022 and the deadline for registration will be mid-February. Please join in this opportunity of fun, fitness and fellowship!

UPCOMING ADVENTURES!

VALENTINE'S DINNER THEATER: Friday, February 11, 2022, we will leave the center at 5pm traveling to The Onley Place for "A Valentine's Day Dinner Theater" featuring Out'n the Cold with dinner buffet. Cost is \$25.00. Reservations required by January 10.

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.

THE BEAUTIFUL SOUTHWEST Featuring THE ALBUQUERQUE INTERNATIONAL BALLOON FIESTA! September 30th through October 6, 2022. This adventure includes round-trip airfare, 6 nights hotel accommodation, 6 breakfasts at your hotel, 5 evening receptions with food and drinks, fully escorted trip with guide service every day, exclusive VIP experience for the ascension of the balloons, admission to the Balloon Fiesta, admission to the International Balloon Museum, Tour White Sands National Park, visit the majesty of the Red Rocks, explore Las Cruces, NM, Visit and tour Phoenix, Scottsdale and Sedona, Arizona. Price based on Double Occupancy of Rooms is \$2,299.00 per person. Includes: meal gratuities, baggage handling & motor coach transportation. To hold your reservation \$250.00 per person is due by January 30, 2022; \$500.00 per person payment due April 1, 2022; \$ 750 per person is due May 28, 2022 with final payment due by July 1, 2022.

BILTMORE ESTATE IN ASHEVILLE, NC! A Visit to Biltmore is a feast for the senses, featuring wreaths, garlands and the sparkle of thousands of ornaments from Biltmore House to Antler Hill Village! This 3day 2 nigh travel includes hotel accommodations, breakfasts at your hotel, Diner at the Blue Ridge Mountain Opry Dinner Show, Holiday Lunch at Biltmore Estate, Explore the Holiday Beauty of the Biltmore House, Guided Tour of Asheville, Admission to Biltmore Gardens and Grounds: Garden Conservatory, Antler Village, Biltmore's shops, Wine Tasting and The Gingerbread Display! Adventure Dates: November 30-December 2, 2022. Price per person for double occupancy is \$499.00. First deposit of \$200.00 is due August 2, 2022 with Final Deposit Due on or before October 3, 2022.



Special Note:

Transportation: Inter County Public Transportation provides services to all ages! (Fees may apply) ICPTA services are intended to transport the public to nutrition sites, medical appointments and other locations in order to access services or attend activities related to daily living, while promoting quality of life. ICPTA 252-338-4480

To receive transportation to our nutrition site, please call ***Ms. Jenny Coppersmith, Nutrition Manager***, to receive additional information. 252-426-8309.

The Perquimans County Senior Citizens Center and Nutrition Site will be closed in honor of Dr. Martin Luther King, Jr. Day, Monday, January 18, 2022.