

**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](mailto:seniorcenteroffice@perquimanscountync.gov)  
Website - [pcseniors.org](http://pcseniors.org)  
Staff: Bert Gordon, Beverly Gregory, Penny Trueblood  
Nutrition: Jenny Coppersmith

**July 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** – You are welcome to join us as Ms. Peggy leads us Wednesday, July 13 at 10:30am for Handbells.

**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** – July birthdays will be celebrated on Wednesday, July 6th right after lunch is served! 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.

**BRIDGE** – We are playing Bridge on Mondays. This is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Please join the opportunity to play Bridge, Mondays at 2pm.

**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 meet for practice, Thursday, July 7th, 2022 at 1pm. Thursday, July 14th, the choir will meet at the center at noon, enjoy lunch at Bojangles with singing provided at 2pm at Waterbrook; Thursday, July 21<sup>st</sup>, the choir will meet at the center at noon, have lunch at Captain D's, and sing at Brookdale/Carolina at 2pm. Thursday, July 28th, the choir will meet at 11:30am at the center, enjoy lunch at Chick-fil-A with singing at Heritage Care at 1:30pm. ***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. Monday, July 25<sup>th</sup> the class will begin at 9am.

**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. A foosball table has been gifted to the center! Thank you Bill. Open Monday - Friday, 8:30am-4:30pm.

**LINE DANCING** - Come join us for Line Dancing, each Tuesday morning at 10:00am and/or the Thursday evening class which meets at 6pm. Mike and Lorraine are leaders for both classes. Thank you Mike and Lorraine. Donations accepted!

**MAH-JONGG** - Mahjong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We need more players. Terri Valentine has volunteered to teach this game on Wednesdays at 1pm. Come and join us!

**MASTER GARDENERS** - Master Gardeners, Annie Nofsinger, Penni and Tiffany lead us in creating raised beds with vegetables, herbs and plants that will be enjoyed by Center members. Blackberries, zucchini squash, cucumbers,

tomatoes and green beans all made an appearance in the garden today! Watermelon, cantaloupe and hollyhocks also peaked themselves above the soil. ***This is YOUR garden and we need YOUR help!*** Plants will not thrive without water, and we need volunteers to help with watering. Of course, if you want to weed and plant as well, we can certainly accommodate you! We meet on Tuesdays at 9 am - hope to see you soon! Thank you Master Gardeners and team members.

**OUTDOOR GAMES** - Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting. Volunteers updated our outside game area and we look forward to enjoying these games!

**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, July 14 and July 24th. 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, Wednesday and 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 12***. We will depart at 9:00am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, July 8th. We will travel to the Williamston for this shopping adventure.

**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 July 7 and 21, 2022 at 2pm. \$3.00 per Session.

**ZUMBA** - Cynthia Elliott is offering Zumba, Tuesdays 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 8, 2022 ***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**

**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 eighteen session, six-week class has concluded and participants are meeting at 8:30am Monday, Wednesday, and Friday, at 8:30am for warm up exercises, stretching and walking. Other center members are welcome to join us.

**BLOOD PRESSURE & VITAL SIGNS** - ***Wednesday, July 6 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, July 7th from 9:00-11:00am***.

**BOCCE** - Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. It is one of the oldest lawn or yard games. Please join us Fridays, July 8<sup>th</sup> and 22<sup>nd</sup> from 10:30-11:30am to learn and to play! This game is available Monday through Friday for members to enjoy on their own or with a group.

**ACRYLICS FOR BEGINNERS** – Thursday, July 14th, Sandra Henely will lead beginners acrylics from **9:00-11:00am** Cost is \$5.00. Registration is limited to eight participants. Please register by Monday, July 11, 2022.

**STUDYING The Book of JOHN** - Ms. Louise Ayscue, graduate of Roanoke Bible College, will lead in the study of the Book of John, Fridays at 10:30am – 11:30am.

**NUTRITION AND EXERCISE** - Monica Oakes serving with Amedisys will present *Facts About Strokes*, **Monday, July 11th at 10:30am.**

**ARCHERY** - **Wednesday, July 13th, at 8:30am** Soul Hunters will join us for the opportunity to enjoy archery! \$3.00 per person. Registration requested by June 3<sup>rd</sup>.

**SHUFFLEBOARD** - We are playing Shuffleboard, Friday, July 15<sup>th</sup> at 10:30am. Come and join us for this game of more precisely deck shuffleboard, and also known as floor shuffleboard, a game in which players use cues to push weighted discs, sending them gliding down a narrow court, with the purpose of having them come to rest within a marked scoring area.

**SUMMER FUN “POOL PARTY”** - Please join us for indoor games and poolside snacks, **Monday, July 18<sup>th</sup> at 10:30am.** We look forward to seeing you!

**LUNCH AND A MOVIE** – Tuesday, July 19<sup>th</sup> we will leave the center at 11:15am, enjoy lunch together, and travel to Elizabeth City for a movie. Movie details will be posted by July 11<sup>th</sup>. Save the Date and Time!

**EXERCISE, WEIGHTS AND STRENGTHENING** – **Wednesday, July 20, 10:30am**, James White with Vidant, will present the importance of exercise and exercise with weights and strengthening.

**SUMMER FUN DOOR HANGERS** – **Thursday, July 21<sup>st</sup>, Penny will lead in Summer Fun Door Hangers** from 9:00-11:00am. Cost \$2.00. Class Size Limited. Please register by Monday, July 18<sup>th</sup>.

**TWO-STEP & THE ELECTRIC SLIDE** – Join us Wednesday, July 27, at 10:30am. Mamie, Sera and Shirley will teach us the two-step and the Electric Slide. Sounds exciting! Thank you Mamie, Sera and Shirley!

**ACRYLICS WITH TINA FIELDER** - **Thursday, July 28th from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Monday, July 25<sup>th</sup>. Class size limited to eight participants. Cost \$15.00.

**CORNHOLE** – We will play cornhole together, Friday, July 29<sup>th</sup> from 10:30-11:30am. Cornhole is a lawn game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. Come join us to learn and to play!

**“4” LIFE TRAINING** – Please join us **Monday, July 25<sup>th</sup> starting at 10am** for this great opportunity provided by our local EMS. Learn how to save a life with Hands Only CPR, Narcan Administration, Stop the Bleed and How to dial 911. Thank you EMS for your support and care of our community.

**A MATTER OF BALANCE** - A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase the activity levels in older adults who have concerns about falls. Workshop Sessions help participants learn to (1) view falls and fear of falling as controllable, (2) set realistic goals for increasing activity, (3) change their environment to reduce fall risk factors and (4) promote exercise to increase strength and balance. These free (2) two hour sessions are held once a week for 8 weeks to help you gain confidence and reduce your risk of falls. Workshops will take place on Mondays and participants are encouraged to complete the workshop in its entirety. **Dates are August 8, 15, 22, 29, September 6, 12, 19 & 26** and the class is held from 1pm-3pm here at the center. Registration is required prior to July 29<sup>th</sup>.

**MEDICARE 101** - Join us to learn about Medicare! **August 30<sup>th</sup> from 9am-11am.** This event is perfect for anyone new to Medicare, those confused about Medicare or anyone wanting to learn about Medicare. Especially those who are turning 65 this year, please join us for help in understanding the basics of Medicare. Please register by August 15<sup>th</sup>.

### **UPCOMING ADVENTURES!**

**ROANOKE CHOWAN WILDLIFE CLUB** – Save the date! Tuesday, September 13<sup>th</sup> we are invited for a great adventure of fishing, walking trails to explore, great fellowship and your choice of carry your lunch or roast a hotdog at the park! We will leave the center by or before 7:30am and return by 3pm. Transportation will be provided for at least 20 members. Others may travel along with us or meet us there. Fishing is recommended with minnows or worms. Some bait will be provided as well as a one day fishing license for all participants and some fishing poles. Please register by September 1<sup>st</sup>. It is recommended that you take a hat, bug spray, sunscreen and a cooler with beverages and snacks you may need for the day.....and don't forget to bring your chair! We will take our outdoor games of cornhole and croquet with us! More details will be provided in the August newsletter.

**OZARK JUBILEE** - at the Roanoke Island Festival Park. Ozark Jubilee presents Stars of the Grand Ole Opry featuring Branson's funniest comedian and world-class fiddler. **Tuesday, October 25<sup>th</sup>**, the celebration begins **at 11am**. We will leave the center at 9am, enjoy the festival and lunch with our members. Entry fee for Jubilee is \$30.00 per person. Lunch is on your own. Please contact Beverly by October 3rd to reserve your tickets.

**VIRGINIA SCIENCE AND MARINE MUSEUM** - ***This adventure has been rescheduled to November 5<sup>th</sup>. Please save the date and*** join us as we travel to the Virginia Aquarium & Marine Science Center. This is an aquarium and marine science museum located in Virginia Beach, Virginia, just south of Rudee Inlet. The exhibits at the museum are contained in over 800,000 US gallons of fresh and saltwater displays. To obtain the group rate of \$18.00 per person, 15 participants must attend. Without the group rate, the cost per person is \$24.95. Reservations and payment must be made by Tuesday, November 1st. We will plan to leave the center at 8:00am.

**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 3 day 2 night 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:**

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**  
**MONDAY, JULY 4, 2022 IN CELEBRATION OF INDEPEDENCE DAY.**