

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

August 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 Wednesdays, August 3 and August 24, 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 – August birthdays will be celebrated on Wednesday, August 3rd right after lunch is served! Please let us know if you celebrate your birthday in August.

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, August 4th, 2022 at 1pm. Thursday, August 11th, the choir will meet at the center at noon, enjoy lunch at Wendy's with singing provided at 2pm at Edenton House; Thursday, August 18th, the choir will meet at the center at 11:30am, have lunch at Burger King, and sing at Primetime at 1pm. Thursday, August 25th the time for meeting and singing will be announced by Brother Bill. ***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. 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 and will resume soon. Please let Beverly know if you would like to play/learn this game. 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. 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! Squash, cucumbers, blackberries, potatoes, bell peppers, zucchini and cherry tomatoes have all been harvested this month! Lemon balm herb, leeks, and sweet potato vines have been planted. Beautiful arrangements of flowers have been shared in the center, all from the garden. 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 are 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, August 11 and August 25th. 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 **Thursday, August 11th**. We will depart at 9:00am and return by 4:00pm. \$3.00 per person. Please make your reservation by Tuesday, August 9th. We will travel to Lynnhaven in Virginia Beach 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, Thursdays August 4th and 18, 2022 at 2pm. \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, each Tuesday this month 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, August 12, 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.

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 **Monday, August 1 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.

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, August 3 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, August 4th from 9:00-11:00am**.

STUDYING The Book of JOHN - Ms. Louise Ayscue, graduate of Roanoke Bible College, will continue to lead in the study of the Book of John, Fridays at 10:30am – 11:30am on Fridays, August 5, 19, and 26. This session will not be held August 12th.

SENIOR CITIZENS DAY – **Monday, August 8 at 10:30am** we will celebrate Senior Citizens Day with a “carry home” gift for each member, special snacks, great fellowship, door prize and indoor games.

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.

SWIMMING POOL PARTY – We are invited to a swimming pool party, **Tuesday, August 9th**. We will leave the center at **1pm** and enjoy swimming and fellowship with outside games from **1:30-3:30pm**, returning to the center by 4pm. Please bring your chair, sunscreen, hats, sunglasses, a bottle of water and a snack to share! Please register by Friday, August 5th or talk with Beverly at the center. Transportation will be provided for up to 20 people or you may travel with us or meet us there!

FACTS ABOUT STROKES: **Wednesday, August 10, at 10:30am**, we welcome back our Albemarle Regional and Local Health Educator, Shayla Hayes, as she presents “Facts about Strokes.”

CAROLINA MOON BAKERY, HERTFORD MERCANTILE – and more.... Join us **Tuesday, August 16, 11:00am** as we travel downtown Hertford to explore our shops, have lunch, and great fellowship.

STIRFRY WITH DOREEN – **Wednesday, August 17, 10:30am**, join us as Doreen shares her stir-fry cooking culinary skills her delicious stir fry recipe and stay for the taste test!

ACRYLICS FOR BEGINNERS – **Thursday, August 18**, 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, August 15, 2022.

ARCHERY - **Thursday, August 18, we are leaving the center at 2:30** and going to Soul Hunters air-conditioned center for the opportunity to enjoy archery! \$3.00 per person. We will return to the center by 4:30 pm. Registration required by August 12.

SHUFFLEBOARD - We are playing Shuffleboard, **Friday, August 12** and **Monday, August 29** 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.

HEALTHY BRAIN – **Monday, August 22, 2022, at 10:30am**, East Carolina University, Jean M Matthews Nurse Consultant with the Geriatric Workforce Enhancement Program will provide a presentation “Healthy Brain 102.”

CORNHOLE – We will play cornhole together, Friday, August 26th 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!

HOLIDAY ISLAND THRIFT STORE AND LUNCH – Join us Thursday, August 25! We will leave the center at 9:30am, visit the Holiday Island Thrift Store and enjoy lunch prior to returning to the center.

ACRYLICS WITH TINA FIELDER - **Thursday, August 25 from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Monday, August 22. Class size limited to eight participants. Cost \$15.00.

LUNCH AND A MOVIE – **Tuesday, August 30^h** 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 August 19th. Save the Date and Time!

TWO-STEP & THE ELECTRIC SLIDE – Join us **Wednesday, August 31st**, at 10:30am. Mamie, Sera and Shirley will return to continue leading us in the two-step and the Electric Slide. We had a great time in July. Thank you Mamie, Sera and Shirley!

MEDICARE 101 - Join us to learn about Medicare! **August 30th from 9am-11am**. This event is perfect for anyone new to Medicare, those confused about Medicare or anyone wanting to lean 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 15th.

ORAL HEALTH AND DEMENTIA – **Monday, September 12, 10:30am**, join East Carolina University, Jean M Matthews Nurse Consultant with the Geriatric Workforce Enhancement Program for education regarding our oral health and its connection with Dementia.

VACCINE CLINIC – ***Wednesday, September 28, 2022***, a vaccine clinic is scheduled here in the center with Walgreens. Vaccines will be available from 8:30-12:30pm. We must have 50 participants, please let us know you are planning to participate and register prior to ***Wednesday, September 21***. Standard and high does ***flu vaccines, Pneumovax, Covid 19 – Two Dose, Covid 19 Booster, and Prevnar 20*** will all be available. Each will be limited in quantity. Please register for the specific vaccine you will receive.

UPCOMING ADVENTURES!

ROANOKE CHOWAN WILDLIFE CLUB – Save the date! Tuesday, September 13th we are invited for a great adventure of fishing, walking trails to explore, great fellowship and your choice of 1) “pack” your lunch or roast a hotdog at the park! Marshmallows too! We will leave the center no later than 7:30am and return by 3pm. Transportation will be provided for 20 members. You are asked to be at the center at 7:15 am in order to load the bus and leave on time. Others may travel along with us or meet us there. Fishing is recommended with minnows or worms. Some bait and fishing poles will be provided as well as a one day fishing license for pre-registered participants. Please register by **September 1st**. 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!

ZIPQUEST - Members! a Waterfall Expedition awaits you! For the ultimate adventure, take on the zip lining Waterfall Expedition! You will explore nature like never before with 8 tree-to-tree zip lines, 3 suspension bridges, 3 spiral staircases and a spectacular view of Carver’s Falls, which is one of Fayetteville's most exciting attractions. Come join us, **Tuesday, October 4, 2022!** Cost is **\$91.00** per person. Reservations must be made and paid in full by **September 6th**. **Reduction in fee may be available depending if you have ziplined previously or upon number of members attending.** Your reservation is only confirmed upon payment submission. We plan to leave at 8am, lunch in Fayetteville on your own, and register by 12:15pm. This adventure may take 2-2.5 hours. Required: healthy shoulders and good listeners. Not recommended for people who experience vertigo, have allergies to ants, have a fear of heights or weigh more than 250lbs. A video will be provided for any interested participants prior to reservation. It is recommended that you pack a snack and water. This is indeed an outdoor in the woods adventure. For more information, please contact Beverly Gregory, Center Coordinator.

NC STATE FAIR - **Tuesday, October 18th:** Fourteen members may go with us 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 is requested by October 11th.

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 25th**, 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. **Reservation information has been updated. Reservations and entry fee are required by September 15, 2022.**

VIRGINIA SCIENCE AND MARINE MUSEUM - This **adventure has been rescheduled to November 15th**. **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 and for single occupancy is \$589.00. 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.