

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, LuRee Sawyer, Penny Trueblood

Nutrition: Jenny Coppersmith

September 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, September 14, 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 – September birthdays will be celebrated on Wednesday, September 7 right after lunch is served! Please let us know if you celebrate your birthday in September.

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 game.

CHOIR - The choir will meet for practice, Thursday, September 1, 2022 at 1pm. Thursday, September 8, the choir will meet at the center at Noon, enjoy lunch at Story's Seafood with singing provided at 2pm at the Brian Center; Thursday, September 15, the choir will meet at the center at Noon, have lunch at Quality Seafood, and sing at Citadel. Thursday, September 22, the choir will meet at the center at Noon, have lunch at Chick-Fil-A, and sing at Waterbrook at 2pm. The choir will meet at the center at on September 29 at 11:30am, lunch location is to be announced, and sing at The Landings of the Albemarle. ***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 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. A foosball table is also available. 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 Mondays at 1pm.

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 certainly welcome you. Cantaloupes, squash, cucumbers, tomatoes and beautiful flowers have all been harvested for center members this month. 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, September 8 and September 22. 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 noon. Come and play or come to learn and play.

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday, September 20**. We will depart at 9:00am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, September 16. We will travel to Greenbriar Mall 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, September 1, 15 and 29, 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 aged 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 9, 2022 **at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval are 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.

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, September 1 from 9:00-11:00am**.

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

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 Tuesday, **September 6** and Mondays **September, 12, 19 & 26**. Participants are encouraged to complete the workshop in its entirety. This class is held from 1pm-3pm here at the center.

BLOOD PRESSURE & VITAL SIGNS - *Wednesday, September 7 at 10:15am*, our local EMS team will be available to check your blood pressure and vital signs.

FALL PREVENTION – September is Fall Prevention Month and Shayla Hayes our local health educator will educate us in fall prevention beginning at *10:30am, Wednesday, September 7*.

ACRYLICS FOR BEGINNERS – *Thursday, September 8*, Sandra Henely will lead beginners' acrylics from *9:00-11:00am*. Cost is \$5.00. Registration is limited to eight participants. Please register by Tuesday, September 6, 2022.

ADVANCED CARE PLANNING WORKSHOP – Our local Area Agency on Aging is providing "*Advanced Care Planning Workshop*", *Friday, September 9, beginning at 10am*. This *Free* educational and interactive workshop will provide information about the importance of planning your future and includes, Living Willis, Healthcare Power of Attorney and participants will receive a free toolkit to assist with future planning.

ORAL HEALTH & HEALTHY BRAIN – *Monday, September 12, 2022, at 10:30am*, East Carolina University, Jean M Matthews Nurse Consultant with the Geriatric Workforce Enhancement Program will provide a presentation "Sinking your Teeth into a Better Brain."

ROANOKE CHOWAN WILDLIFE CLUB – 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 7th**. 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!

SEWING – Angela Ermi will lead in an opportunity to sew your own table runner *Thursday, September 15 at 8:30am*. Some thread and fabric and sewing tools are provided. *Please register for this great time of sewing and fellowship by September 12*. Sewing machines are needed; however, not required.

ARCHERY - *Thursday, September 15, 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 September 12.

JACK'S EASY LINE DANCING – Jackson Henderson will lead in easy steps for easy line dances, *Friday, September 16 at 10:30am*. Please join us and experience these fun and easy line dances. No prior experience required!

VOTER UPDATE – We welcome Jackie Greene, Director of Elections, *Monday, September 19 at 10:30am* to bring us information regarding upcoming election procedures and general voting information.

SERVICES FOR THE BLIND – Wednesday, September 21 at 10:30am, Eddie Everett with the Division of Service for the Blind will provide information of DSB services to help people be more independent in the home, work and community.

ACRYLICS WITH TINA FIELDER - *Thursday, September 22 from 1:30pm to 3:30pm*, Tina will lead in acrylic painting. Please register by Monday, September 19. Class size limited to eight participants. Cost \$15.00.

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 *Friday, September 23 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.

SHUFFLEBOARD - We are playing Shuffleboard, Monday, *September 26* 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.

BEECHTREE INN & HOBBS FURNITURE – Join us Tuesday, September 12 to meet with Ben and Jackie Hobbs. This family has a rich history to share with us and you will see the prestigious furniture hand carved by Ben Hobbs himself. The Beechtree Inn consists of one of the largest collections of historic North Carolina structures and collecting of these structures began in 1772.

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. We must have 50 to preregister to host the clinic.

PINE CONE PAINTING – Doreen Antonio will lead us in painting of pinecones for decorative use Thursday, September 29, 2022 from 9-11am. Please register by Monday, September 26. Class size limited.

SAVE THE DATES

SENIOR GAMES PRACTICE DAY! – Monday, October 24, 2022 12:30-2:30pm, Softball, Football, Discus, Shotput, & More.

TEA PARTY – Friday, November 4 at 1pm. (We will accept, not to be returned, donated teacups for this event.)

PAINTING CHRISTMAS BAGS – Monday, November 14 & Friday, November 18.

CHRISTMAS PROGRESSIVE PARTY & GAME DAY – Thursday, December 15: Hors D'oeuvres, Covered Dish Lunch, Christmas Desserts and Caroling.

UPCOMING ADVENTURES!

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 7:30am, 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. Final Deposit Due on or before October 3, 2022.

FUTURE TRAVEL DESTINATIONS

Are you interested in traveling to Ireland or enjoying a Western Caribbean Cruise? Please contact Beverly Gregory by October 31, 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, SEPTEMBER 5, 2022, IN CELEBRATION OF LABOR DAY.