

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

October 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, October 5, 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 – October birthdays will be celebrated on Wednesday, October 5, right after lunch is served! Please let us know if you celebrate your birthday in October.

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 – October 4, the choir is going to meet at the center at 6:15pm and sing with the revival at Mt. Sinai Baptist Church. The choir will meet for practice, Thursday, October 6, 2022, at 1pm. Thursday, October 13, the choir will meet at the center at noon, enjoy lunch at Dairy Queen with singing provided at Edenton House 2pm; Thursday, October 20, the choir will meet at the center at Noon, have lunch at Taco Bell, and sing at Brookdale at 2pm. Thursday, October 27, the choir will meet at the center at noon, have lunch at Wendy's, and sing at Chowan River Rehab. (We are waiting for confirmation of the 27th Chowan River Rehab opportunity.) ***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 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 members this month. We will meet Tuesday, October 18, to winterize the garden.

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, October 6 and October 20. 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 **Monday, October 10**. We will depart at 9:00am and return by 4:00pm. \$3.00 per person. Please make your reservation by Friday, October 7. We will travel to the Outer Banks 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, October 13 and 27, 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, October 14, 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. These eighteen sessions, 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.

EATING YOUR WAY TO A HEALTHY BRAIN – **Monday, October 3, 2022, at 10:30am**, East Carolina University, Jean M Matthews Nurse Consultant with the Geriatric Workforce Enhancement Program will provide a presentation to help us keep our Brain Healthy.

ARCHERY – **Tuesday, October 4, we are leaving the center at 2:30** and going to Soul Hunters climate-controlled center for the opportunity to enjoy archery! \$3.00 per person. We will return to the center by 4:30 pm. Please register.

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

CHRISTMAS WORKSHOP – Thursdays in October from 12:30-4:30pm, members may gather to make Christmas gifts. Bring your ideas and your materials and gather for great fellowship and exchanging of ideas.

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.

SHUFFLEBOARD – We are playing Shuffleboard, **Friday, October 7, at 10:30am**. Come and join us for this game known as deck or floor shuffleboard, 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.

CROQUET – Join us **Tuesday, October 11** as we travel to the Club at Doodle Hill for an opportunity to play croquet. We will leave the center at 1:30pm and leave to return to the center by 3:30pm. Please register by October 7.

WORLD ARTHRITIS DAY - Shayla Hayes with our Albemarle Regional Services will present at **10:30am on Wednesday, October 12** regarding arthritis. World Arthritis Day is celebrated on October 12 every year. The day is designed to raise global awareness about the plurality of Arthritis. Among the different types of arthritis are ankylosing spondylitis, gout, lupus, osteoarthritis, and rheumatoid arthritis. With timely medical intervention, patients can lead a comfortable life.

ACRYLICS FOR BEGINNERS – **Thursday, October 13**, 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, October 11, 2022.

NICHOLSON HOUSE AND FOUR CORNERS THRIFT STORE – Thursday, October 13, we will leave the center at 11:15am, enjoy lunch on your own at the Nicholson House and visit/shop at Four Corners Thrift Store. We will return to the center by 4pm. Please register by October 11. Seating Limited.

JACK'S EASY LINE DANCING – Jackson Henderson will lead in easy steps for easy line dances, **Friday, October 14 at 10:30am**. Please join us and experience these fun and easy line dances. No prior experience required!

BREAST CANCER AWARENESS – Jennifer Lewis with Vidant Health will bring to us Breast Cancer Prevention and Education, **Monday, October 17 at 10:30am**. October is Breast Cancer Awareness Month. Let's Wear Pink on Fridays to join this annual international health campaign organized every October to increase awareness of the disease, support survivors and families of survivors while also supporting those leading in prevention, diagnosis, treatment and cure.

COOKING WITH DOREEN – Doreen is coming back! Doreen will lead in the culinary adventure of preparing Chicken Paprikash, **Wednesday, October 19 at 10:30am**. Thank you, Doreen. Come join us for this delicious opportunity.

SEWING – Angela Ermi will lead in an opportunity to sew your own Christmas Tree Napkins Thursday, **October 20 at 8:30am**. Some thread and fabric and sewing tools are provided. **Please register for this great time of sewing and fellowship by October 14**. Please bring your sewing machine and sewing tools if available.

ACRYLICS WITH TINA FIELDER - **Thursday, October 27 from 1:30pm to 3:30pm**, Tina will lead in acrylic painting. Please register by Monday, October 24. 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, October 21 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.

INDOOR SOCIAL AND OUTDOOR GAME DAY – Hotdogs, chips, great fellowship, indoor games and a time to enjoy and show your skills with Bocce, Cornhole, Horseshoes and Shuffleboard! Join us **Saturday, October 22, from 12:30pm to 3pm**. Registered participants will have a hotdog saved for them! **Please register by October 17**.

AS REQUESTED, SENIOR GAME PRACTICE – Monday, October 24, 12:30pm-2:30pm. Softball throw, Football throw, Shot Put, Discus, and more! Please come and learn about these great opportunities so we are prepared for the next season of Senior Games.

VACCINE CLINIC: Tuesday, October 25, 2022, a vaccine clinic, **8:30-11:30am**, rescheduled from September 28, is scheduled here in the center with Walgreens. Please register prior to Thursday, October 20th. Standard and high dose flu vaccines, Pneumovax, Covid 19, Booster and Prevnar 20 will be available.

TWO-STEP & THE ELECTRIC SLIDE – Join us Wednesday, October 26, at 10:30am. Mamie, Sera & Shirley will return to continue leading us in the two-step and the Electric Slide. Thank you, Mamie, Sera and Shirley!

FIELD TRIP – Thursday, October 27, 9am join us for field trip to explore New Hope Township. Prior to our return to the center, lunch may be enjoyed on your own at Planters Ridge or return to the center by noon if you are joining the choir.

BIPOLAR & SCHIZOPHRENIA – Albemarle Regional Health Services Staff will join us **Friday, October 28, at 10:30am** to help bring awareness of these conditions that affect how a person may think, feel and behave.

SOMETHING PUMPKIN – Friday, **October 31, join us at 10:30am** to make a decorative pumpkin. Special treats will be available to enjoy. Please register by October 24. \$3 fee for craft.

CENTER TEA PARTY - Come **join us, Friday, November 4 at 1pm!** Start a tradition with us and be a part of our first annual tea party! Teatime gives us a chance to catch up with our friends and make new friends and it is an excuse to eat

delightful desserts. This is a time to let you know you are special. It is stated that tea helps fight disease, can aid in weight loss, improve memory, can aid in keeping our mouth healthy and boost our immune system. This is an opportunity to wear your favorite tea party hat, but it is not required. We look forward to seeing you! Prior registration required. Cost is **\$2. Register by October 31st!**

SELF AWARENESS DEFENSE – **Monday, November 7, at 10:30am**, our very own Paula Saje will lead us in helpful instructions and techniques for self-awareness defense. Thank you, Paula.

AGING PLAN LISTENING SESSION – **Wednesday, November 9, 2022, at 10:30am**, we will join the North Carolina Division of Aging and Adult Services and the North Carolina Association of Area Agencies on Aging virtually to participate in a listening session to help identify the need of our older age adult citizens. Please come and share your ideas regarding challenges your community faces and possible solutions; share ideas on what you need to safely and comfortably age in place and help inform these agencies for future programming and planning. Please register by November 7th.

MASTER GARDENERS – **Monday, November 14, join us at 10:30am** as the Master Gardeners provide an exciting opportunity for us, we talk about the center success, gather your ideas and plans to move forward.

HOLIDAY STRESS - Jean Matthews, Nurse Consultant with ECU will meet with us **Wednesday, November 15 at 10:30am** to share ways to relieve holiday stress and enjoy our celebrations.

PAINTING CHRISTMAS GIFT BAGS – **Friday, November 18 and Monday, November 21**, we will gather to paint Christmas Gift Bags at **10:30am**. Cost \$1.00 each.

CHRISTMAS PROGRESSIVE MEAL, FELLOWSHIP & CAROLING – Thursday, December 15 we will begin our celebration with Hors D'oeuvres and add great fellowship, covered dish lunch, games and top it off with Christmas Caroling and delicious Desserts! More information and registration forthcoming. Save the Date! You are invited to bring your special Hors D'oeuvre, a complimentary dish for lunch or a delicious dessert.

UPCOMING ADVENTURES!

ZIPQUEST – Registered members a Waterfall Expedition awaits you! We are going to have a great adventure and 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. We are leaving **Tuesday, October 4, 2022**, 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 aged 65 and better will have free admission. 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. **Reservations have been taken.**

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.

COUNTRY CHRISTMAS – *Friday night, December 2, 2022*, we will enjoy the dinner and show “Country Christmas” with Adam Nixon and the “Hallelujah Crew” at the Onley Place nestled in Craney Island. Cost is \$25.00 and registration is required by November 10th. We will leave the center at 5pm. Seating is limited.

MIKE’S FARM AND THE HO HO CHRISTMAS SHOW – We are traveling to Beulaville, **December 8** to enjoy old fashioned cooking at 2:30pm a musical variety show of Christmas Classics at 3:45pm with a touch of comedy, and the Festival of Lights Hayride at 5:30pm! We will leave the center at 10:30am. Seating is limited and Reservations **required by October 25**. **Cost is \$70.00**.

MYRTLE BEACH, SOUTH CAROLINA – **Myrtle Beach, SC, March 27-29 2023!** This exciting and fun-filled opportunity will include deluxe transportation, two nights reservations in an Ocean Front Luxury Hotel in Myrtle Beach with Hot Breakfast provided, show at the Carolina Opry, Show at the Alabama Theatre, Two Dinners, a visit to the Myrtle Beach State Park, Broadway at the Beach, Ripley’s Aquarium, and a Visit to Brookgreen Gardens. Cost per person based upon double occupancy is \$545. First Deposit of \$200 is due by December 9, 2022, with Final Payment Due by February 17, 2023.

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.

MEDICARE OPEN ENROLLMENT

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 SHIP (Seniors’ Health Insurance Information Program) with phone number 805-408-1212 or ncshipp@ncdoi.gov.

Appointments for your annual review here at the center will be scheduled for Thursday, November 10th and Tuesday, November 15th. 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:

Anyone with questions about Medicare or Prescription Drug (Part D), can contact:

Jasmine S. Wilson
Aging Program and Contract Specialist
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 sixteen 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.