

PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944

Hours of operation: Monday—Friday 8:00 AM—5:00 PM

GOT SHAG? Want to learn to Shag Dance? The "shag dance" comes from the "Carolina Shag," which is a partner dance that is mostly done to beach music. The basic step that is done in the shag dance can be done to a six count step, with a rhythm that is similar to a triple step, triple step, rock step.

We are looking to see if there is an interest in learning to Shag.

If you have an interested, sign up by: March 15, 2023



UPCOMING ADVENTURES!

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, single occupancy \$644. Reservations are complete.

NASHVILLE ~ "Music City" & Pigeon Forge, TN — Nashville, TN—September 24—28!

Your 5 Day/4 Night Nashville Package Includes, 4 Nights; Breakfasts at your Hotel; 3 Wonderful Dinners; 2 Evening Receptions at your Hotel with Hot Food and Beverages. Dinner Show at the Nashville Nightlife Theater; Evening at the Grand Ole Opry; Luncheon Cruise aboard the General Jackson Showboat Including Live Entertainment; Dinner and A Show in Pigeon Forge, Guided Tour of Nashville (Music City, The Parthenon, Upper Room & Chapel Museum, Bicentennial Park); Exploring the Opryland Resort. **For Information and/or Reservations, Please Contact:** Beverly Gregory @ 252-426-5404. **Date of Trip:** Sept. 24 - Sept. 28, 2023/**Price:** \$899.00 Per Person - Double Occupancy.

Travel Protection: Travel Protection can be purchased at \$92.00/person double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.** Group cancellation policy applies. First Deposit of \$100 due May 16, 2023. Second Deposit \$400.00 is due June 16, 2023. Final Deposit of \$399.00/single or \$639.00/Double is Due by June 25, 2023.

Coming Events for March....

Everyday....

Monday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon - Train Dominoes

12 Noon - Afternoon Games

1:00 pm Mah-Jongg

1:00 pm Bridge

TUESDAY

10:00 am Line Dancing

11:30 am Lunch

12:00 pm -Afternoon Games

1:00 pm Yarn Corner

2 pm Zumba

Wednesday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon - Train Dominoes

12 Noon -Afternoon Games

1 - 3 pm BINGO

Thursday

9:00 am TOPS

11:30 am Lunch

12 Noon - Afternoon Games

6:00 pm Line Dancing

Friday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon - Afternoon Games

12 Noon - Train Dominos

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 2023 and be a resident of North Carolina for three (3) consecutive months each year. Please join in this opportunity of fun, fitness, and fellowship!

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, March 1 at 10:15 am**, 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, March 2, from 9-11:00 am**.

Quilting 101 - Annice Crandall will lead Nine Patch Quilting for a 5 week sessions starting on **March 2, 2023 from 1-2pm. March 7, 14, 21, and 28 at 9:30 am**. Participants will need to bring, quilting needle (or ask for one previously at the center), scissors, neutral colored thread (Beige or gray,) fabric of three matching colors (or visit or material closet), one of which is a near solid or solid. The fabric should be 100% cotton. Registration is limited to class size of six participants.

DRUMS ALIVE— This **evidence-based drumming** wellness opportunity, uses the power of movement, music, and rhythm to improve physical, cognitive, social, and emotional health. **Friday, March 3 and Friday March 31, at 10:30 am**.

TAKE CONTROL: - You are invited to join us as we learn how to **take control!** This comprehensive program empowers adults to learn about preventable chronic diseases. Each session includes a brief physical activity break, a recipe demonstration, goal-setting, and a review of helpful nutrition strategies. **Mondays at 10:30 am. Began February 6 extending through March 27th.**

March is Senior Nutrition Program Celebration. - Our Area Agency on Aging provides for our congregate and Meals on Wheels nutrition programs. A food drive in February collected easy to prepare food items, pop top canned foods and paper products for nutritional clients.

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. The past eighteen sessions, six-week class has concluded, and participants are meeting at **8:30 am Monday, Wednesday, and Friday**, at 8:30 am start with warm up exercises, stretching and walking. **New session began, February 13, 2023 extending through March 24.**

WWE (ZOO TRIP)- as part of the Walk w/Ease Program, this year, we will be traveling to the Norfolk Zoo, **March 7 @ 8:45 am.**

COOKING UP COMMUNITY — **Sarah A. Sowders, our Family and Consumer Scientist Agent with the Perquimans County N.C. Cooperative Extension** will be “cooking up” a wonderful Blueberry Dessert Bar for us to enjoy, **Wednesday, March 8, 2023 with a demonstration at 10:30am.** Register to enjoy these bars with us for lunch through our Nutrition Manager, Jenny Coppersmith, and come enjoy the demonstration at 10:30am!

ACRYLICS FOR BEGINNERS — Sandra Henely will lead beginners’ acrylics from **9:00-11:00 am, Thursday, March 9.** Cost is \$5.00. Registration is limited to eight participants. Please register by Monday, March 6.

WATER COLOR WITH TINA FIELDER: **Thursday, March 9,** at 1:30. Tina will lead us in water colors. Please register by Monday March 6. Class size limited to eight participants. Cost \$15.00.

Photography 101 – Photographer Pam Hadden will lead us in basic photography, Friday, **March 10 at 10:30am.** Please bring your camera, phone or device you will use for photography. Please register by March 6th.

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday, March 14.** We will depart at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, March 10. We will travel to the Lynn Haven Mall, Virginia Beach, VA for this shopping adventure.

SENIOR GAMES PRACTICE: - **March 15, @ 10:30 am;** Shot Put / Discus; **March 21 @ 10:30 am** for Bocce / Cornhole and **March 29, @ 10:30 am;** Football / Softball throw.

PICKLEBALL LESSONS: - Want to learn the game of Pickleball? Come join us for lessons starting on **March 15, at 10:40 am** and the Perquimans County Recreation Center.



CINDERELLA PERFORMANCE: - Come join the us as we watch an all time favorite musical. **March 16, 2023** We will be leaving the Center at 9am. Lunch will be on your own after the performance. Costs: \$16.50 per person, due by March 7th. Limited 14 on Bus, you may drive on your own and meet us there.

SEW MUCH FUN! - Angela Ermi and Merry Greene will lead in an opportunity to sew Mug Rugs. **Thursday, March 16, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by March 9. Sewing machines are needed; however, not required. Costs: \$5.00.

ACRYLICS WITH TINA FIELDER: **Thursday, March 16,** at 1:30. Tina will lead us in Advance Acrylics. Please register by Monday, March 13. Class size limited to eight participants. Cost \$15.00.

HEALTH EDUCATION SEMINAR — “Facts you will not hear from your doctor” **March 17, @ 10:30 am.** Please join to learn from Alvin & Jean Mizelle, Certified Wellness Consultants with 20 years Experience will be here to present this Health Education Seminar. Please bring the following:: sample of the water you drink/tap, bottled or filtered from refrigerator. Label the container with the name of the source from which it came, city, county, Deer Park, Aquafina, etc.....



March 20, 2023 —
Spring Begins....

ARCHERY — **Thursday, March 21, we are leaving the center at 2:30 pm** 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 by March 17.

TWO-STEP & THE ELECTRIC SLIDE — Join us **March 22, at 10:30 am.** Mamie, Sera & Shirley will return to continue leading us in the two-step and the Electric Slide. Thank you, Mamie, Sera and Shirley!

TALENT CELEBRATION: **Thursday, March 23, 2023,** 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 16. Vocal, dancing, drumming, martial arts, instrumental, hula dance, comedy/drama, recitation, poetry, or wood chiseling – for just a few! We will need to know what is needed in order to have available (electronics, sound equipment, props) and that a **practice session** for all members using sound equipment is scheduled for **Tuesday, March 14 at 9am.**

HEALTHY AGING STATION ROTATION: **Join us on March, 24 at 10-11:30 am,** for Healthy Aging Station Rotation presented by Donna, Jean, and Kim from the ECU College of Nursing. This fun event moves attendees through three stations providing information about medication safety, healthy and reasonable food choices for health and keeping your mind sharp. As a larger group, we will discuss how to get the most out of the annual wellness visit and hear about ways to include movement in the daily routine.

MASTER GARDENERS — Please come join us, each **Wednesday at Noon** as we begin working together, preparing and planting our community garden.

CHEESE BOX CRAFT — Penny will lead painting a cheese box, on **March 30, at 1:00 pm. Fee \$3.00.** Please registration by **March 23.** Class size limited to 8. If you have your own cheesebox, please let us know.

2023 PERFORMING ARTS SHOWCASE - The Albemarle Senior Games presents the 2023 Performing Arts Showcase, being held on Tuesday, May 23, 2023 at 2:00 pm, Edenton United Methodist Church, 225 Virginia Road, Edenton, NC 27932. Free Admission, light refreshments provided at intermission. Registration required by May 1.

April....

YARD SALE: - **April 1, 2023; 8 am to 12 pm.** Rental spaces will be available , (Costs \$15.00 for space and \$20.00 W/Table set up). We Welcome donations and they will be accepted on the following dates: March 27, 28 & 29, 2023. Please contact Penny, 426-5404 for more information and / or rental space.



COOKING W/TINA— Cooking with Tina! **April 3, at 10:30,** Tina will prepare an easy focaccia with an herb and veggie garden design on top! Sounds delicious, come and join the fun.

HEALTHY HEART NEWS: - **Wednesday, April 12, at 10:30 am,** Shayla Hayes, our local Public Health Education Specialist with the Albemarle Regional Health Services, will bring Healthy Heart News to us! Please save the date and join us.

TIE-DYE— Come and enjoy the art of Tie-Dyeing, **April 17, at 1:00 pm.** Carrie Breuckner will lead this art in a heart shape design. A second class, for those unable to attend our first session will be, **April 24, at 1:00 pm.** Please register and bring a 100% cotton item of your choice with you. Each class size will be limited to 8 —Costs: \$5.00.

SOLAR LANTERN - **April 20, 2023 at 9:00 am,** Penny will lead in the painting and making of a decorative Solar Lantern for you to paint and display in your yard! Class size limited to 8. Costs: \$5.00. Registration by April 13.

MAY.....

TAKE BACK YOUR SPACE— Join us for a 4 week session on Take Back your Space! Starting **Monday, May 1, at 10:30 am,** and continuing each **Monday, 8, 15 and 22 at 10:30 am.**

AARP DRIVERS COURSE— **Save the date, May 2,** from 8:00 am —12:00 Noon. More information will be provided in our April newsletter.





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.

BINGO - Bingo is played each **Wednesday from 1 pm until 3 pm** 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 2 pm for 15 minutes.

BIRTHDAY CELEBRATION – March birthdays will be celebrated on **Wednesday, March 1**, right after lunch is served! Please let us know if you celebrate your birthday in March.

BOWLING - Seniors bowl on Tuesdays starting at 1 pm at Albemarle Bowling Lanes in Elizabeth City. Cost is \$2.50 per game.

BRIDGE – We are playing Bridge on **Mondays, at 1:00 pm**. 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.

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.

CHESS— We are playing Chess on **Wednesdays, at Noon**. Chess is a game played between two opponents on opposite sides of a board containing 64 squares of alternating colors. Each player has 16 pieces: 1 king, 1 queen, 2 rooks, 2 bishops, 2 knights, and 8 pawns. The goal of the game is to checkmate the other king. Come and enjoy this very challenging game!

CHOIR – The choir will meet for practice at the center on, **Thursday March 2, at 1:00 pm, Thursday, March 9**, the choir will meet at the center at **11:30 am** enjoy lunch at Bojangles with singing provided at 1:30 pm at the Heritage Care. **Thursday, March 16**, the choir will meet at the center at **Noon**, have lunch at Wendy's and sing at Chowan River Rehab at 2:00 pm. **Thursday, March, 23** the choir will sing at the Celebration at the Center at 1:00 pm. **March 30**, we will meet at the center at Noon, have lunch at Dairy Queen and sing at Primetime at 2:00 pm.

CRIBBAGE: - Cribbage is a **card game, usually for two players, in which each player tries to form various counting combinations of cards.** We will be playing Cribbage on **Wednesdays, at Noon**. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board. (There is also a five-card variant, as well as four-hand and three-hand variants.)

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 daily **Monday through Friday @ 11:30 am**. ***Meals must be pre-ordered on Monday, Wednesday, Friday for the following weeks meal.** 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: **9 am-1 pm 426-8309**. ***Donations are needed and accepted!***

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday starting at 9:30 am**. **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 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, 8:30 am-4:30 pm**.

LINE DANCING - Come join us for Line Dancing, each **Tuesday morning at 10:00 am** and/or the **Thursday evening** class which meets at **6 pm**. 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 and Marie Pope volunteer to teach this game while we play, **Mondays at 1:00 pm**, Come and join us in the fun!

MASTER GARDENERS — Please come join us, **Wednesdays, starting March 1, at 12:00 Noon**, and continuing on March 8, 15, 22 and 29 at Noon. Please come and join us and be a part of our community 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, CRIBBAGE, 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**. This class begins at **2 pm**. 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, March 14.*** We will depart at 9:00 am and return by 4:00 pm - \$3.00 per person. Please make your reservation by Monday March 6. We will travel to Lynn Haven 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 **1 pm.**

CHAIR YOGA CLASSES - Harriet Marquit will lead Chair Yoga, **Tuesdays, at 2 pm.** \$3.00 per Session.

ZUMBA - Cynthia Elliott is offering Zumba, Tuesday, at **2 pm,** \$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.

Note:

Charges may apply to some of our activities / crafts. Please see Flyer upon sign-up of event for such fee(s).



Free Tax Help Available in Hertford: The Hertford Rotary Club will be hosting free tax return service again this year. The first available date is February 14th and the last is April 11th. **Call 252 619-7618 for an appointment.**

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 March 10, 2023 at 10:00 am** 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.

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.



We also offer....

- ♦ Archery
- ♦ Bingo
- ♦ Charter Bus Trips
- ♦ Choir
- ♦ Congregate Meals
- ♦ Educational Speakers
- ♦ Exercise Equipment
- ♦ Exercise Programs
- ♦ Gardening
- ♦ Hand Bells
- ♦ Health Screenings
- ♦ Indoor Games
- ♦ Line Dancing
- ♦ Meals on Wheels
- ♦ Monthly Day trips
- ♦ Monthly Shopping Trip
- ♦ Outdoor Games
- ♦ Paint/Crafts
- ♦ Puzzles
- ♦ Senior Games Participation
- ♦ Sewing
- ♦ Tai-Chi
- ♦ TOPS
- ♦ Walk with Ease Programs
- ♦ Monthly BP checks
- ♦ Yarn Corner
- ♦ Yoga
- ♦ Zumba
- ♦ Much More!!!

Meals on Wheels



Volunteers needed!

Are you looking for a fun, easy and rewarding way to serve others?

Home Delivered Meals Volunteers are the **ONLY** reason we are able to serve our Perquimans County home bound seniors with meals throughout the week.

Volunteers play a key role in providing seniors, not only with a meal, but offer much needed socialization and *smiles!*

There is flexible scheduling to meet our volunteers' needs.

Perquimans Senior Center

252 426-8309

Jenny Coppersmith,
Nutrition Manager



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..

Our goals are for everyone to have great fellowship, feel welcomed, to participate and enjoy fitness opportunities and fun here at the Center!

- Staff

Bert Gordon

Beverly Gregory

LuRee Sawyer

Penny Trueblood

Nutrition: Jenny Coppersmith



Statement of Purpose

The mission of the Perquimans County Senior Citizens Center is to seek to improve and enhance the quality of life of our older adult population and to

