

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

(252) 426-5404



Center and Nutrition / closed May 29 in

Tribute of
Memorial Day

SENIOR GAMES REPORT

On April 4 we participated in Senior Games

Locally and Perquimans

County Center for Active

Living received recognition

and an award for **BEST**

County representation and

Participation during Senior Games 2023!!!

Congratulations Members.



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

UPCOMING ADVENTURES!

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 –
based on **Double Occupancy**. **Single Occupancy total**
\$1139.00.

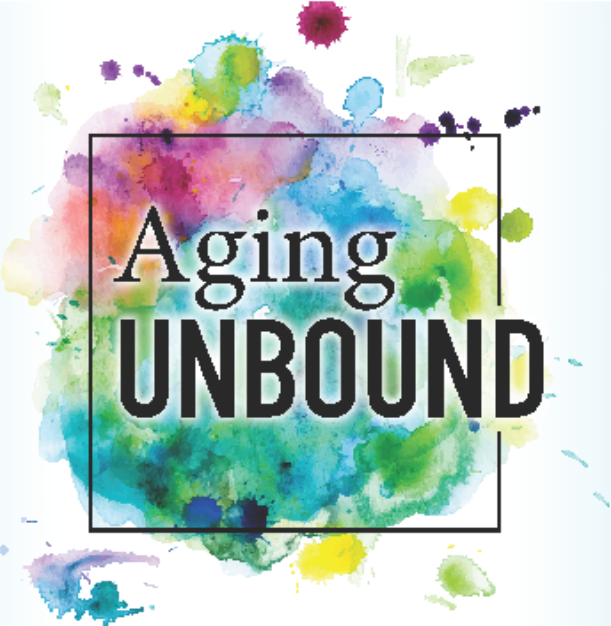
Travel Protection: Travel Protection can be purchased at
\$92.00/ per person (based on double occupancy). If you
wish to purchase Travel Protection, please send in a separate
check made payable the PML Travel & Tours. Travel
Protection should be purchased at the time of your initial
deposit to ensure 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 July 25, 2023.




May—Older Americans Month!!!

In **April 1963**, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (N.C.S.C.), leading to the designation of May as Senior Citizens Month, now Older Americans Month. At first, Older Americans Month was observed as an appreciation of past and present older Americans for their contributions to the country, especially those who defended the country.

– The Center of Active Living recognizes each member for their contributions to our county, community and country. Please join us for our **Memorial Day Tribute, May 25, 2023 at 11am.**



**OLDER
AMERICANS
MONTH**




AGING UNBOUND: MAY 2023

**Come join us as we celebrate
diverse aging experiences!**


**Tuesday May 9, 2023
1-3 p.m.**

**NC State Farmers Market
1201 Agriculture St., Raleigh, NC 27603**


live entertainment • activities • games
guest speakers • vendors • food




North Carolina
Senior Games




AARP
North Carolina



NC COA
COALITION ON AGING



State
Farmers
Market



**NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES**
Division of Aging and Adult Services

www.ncdhhs.gov/visitus/home • NCDHHS is an
equal opportunity employer and provider. • 3/23

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 Chair Yoga
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—Chess
12 Noon—Afternoon Games
1 - 3 pm BINGO

Thursday

9:00 am TOPS
11:30 am Lunch
12 Noon - Afternoon Games
2 pm T'AI CHI
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

MAY.....



WALK WITH EASE — Past participants meet at 8:30 am, for warm up and the next class will be schedule 2024. 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**, we start with warm up exercises, stretching and walking.

TAKE BACK YOUR SPACE - Do you find yourself always falling over the clutter in your home? Are you having a hard time sorting through the endless amount of paperwork from over the years! Then you need Take Back Your Space! This is a four-session series focused on decluttering your space. We will be dealing with all areas of clutter including sentimental clutter, medicine clutter, paper clutter, and more. Join Us Monday's in May to learn how to Take Back Your Space for a healthier and happier life!

Join us for a 4 week session on Take Back your Space!! Starting **Monday, May 1, at 10:30 am**, and continuing each Monday, May 8, 15, 22. **Sarah A. Sowders, our Family and Consumer Science Agent with the Perquimans County N.C. Cooperative Extension**, will lead in these 4 week sessions. Please come and Take Back Your Space!

SHAG - Looking to learn to Shagg? This opportunity began in April, final sessions are **May 1, 8 at 10:30 am, to complete the 6 weeks**. Annette and Lenny Peaden, and Lester & Peggy Baines, will continue to lead. Shag Dance is a slower, more casually paced eight-step dance set to the popular "Beach Music" style. The pattern is counted as "one-and-two, three-and-four, five-six" and is similar to Swing Dancing. Perhaps it's why the dance has also been called the "swing dance of the South."





AARP SMART DRIVERS COURSE— May 2, from 8:00 am—12:00 Noon. Brother Bill Thorn will offer the AARP Smart Driver Course. Reserve a seat today! This class will be offered to the first 12 registered participants. Fee for Non-members is \$25.00 and for AARP members is \$20.00. This class offers evidence based safe driving strategies, shares new traffic laws and rules of the road and how to deal with aggressive drivers. Refresh your driving skills today. Please register by April 25, 2023.

BLOOD PRESSURE & VITAL SIGNS - Wednesday, May 3, at 10:15 am, our local EMS team will be available to check your blood pressure and vital signs.

HANDBELLS — You are welcome to join us as Ms. Peggy leads us **Wednesday, May 3 at 10:30 am** for handbells.

MASTER GARDNERS: - Join us as we enjoy the preparations, planting and later..... the harvest from our community garden. April we emptied old dirt in raised beds, added new soil, and planted yellow squash, Sugar Snaps, peas, zucchini, green beans and cucumbers, also, harvested leeks and onions! In **May we will meet at 8:30 am** and continue on **Wednesdays**. Help is needed! Please come and enjoy the preparations, planting and caring for the garden, as we need everyone to help with the maintenance, weeding, general care and watering! The Benefits are so rewarding!!!

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, May 4, from 9-11:00 am**.

BOCCE— May 5, at 10:30 am.

SYLVAN HEIGHTS BIRD PARK – Tuesday, May 9 leaving the center at **8:30am**. See birds in a whole new way at one of the nation's premier avian conservation and education centers. See rare and endangered waterfowl, parrots, flamingos, toucans, pheasants and much more located in Scotland Neck, NC. Admission fee is \$15 for age 50-61 and \$13.00 for age 62 and better. Please register for this field trip adventure by April 26. Transportation available for the first 14 registered adventurers.

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!!!



PERFORMING ARTS - Performing Arts Showcase Practice: **May 10, 2023**, Perquimans participants in the Performing Arts Showcase will have scheduled practice in Edenton. The center will provide transportation for the first 14 registered requests and will leave the center at 11:45am. **Please register by May 8** if you request transportation. All riders will stay until the conclusion of the 1:30 pm performance scheduled. Note: Congregate Meal will be served at 11:15 am.

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

WATERCOLOR WITH TINA FIELDER: **Thursday, May 11, at 1:30.** Tina will lead us in watercolors. Please register by Monday May 8. Class size limited to eight participants. Cost \$15.00.

ARCHERY – **Thursday, May 11, 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 May 8.



MOTHER'S DAY CELEBRATION— Mother's Day Celebration: **Friday, May 12 at 10:30 am**, join us as we gather in honor of Mother's Day with fellowship, game and special treats.

VAN SHOPPING TRIP - This month's van trip will be on **Tuesday, May 16.** Departing at 8:30 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Friday, May 12. We will travel to the Outer Banks for this shopping adventure and will shop at the New Target!

PHOTOGRAPHY 101— Photographer Pam Hadden will lead us in basic photography, **Friday, May 17, at 10:30 am.** Please bring your camera, phone or device you will use. Please register by May 12.

SEW MUCH FUN! - Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, May 18, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by May 12. Sewing machines are needed; however, not required. Costs: \$3.00

SHUFFLEBOARD— Shuffleboard is 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. Come to play or to learn, **Friday, May 19 at 10:30am**

2023 PERFORMING ARTS SHOWCASE - May 23, 2023 at 2:00 pm. The Albemarle Senior Games presents the 2023 Performing Arts Showcase. This event will be located at Edenton United Methodist Church, 225 Virginia Road, Edenton, NC. Free Admission, Light refreshments proved at intermission. Please **RSVP by May 1st.** **Registration is required with the Albemarle Commission by May 8.** ***(Practice on May 10.** Participants leaving center at 11:45 am).



TWO-STEP & THE ELECTRIC SLIDE— Join us **May 24 at 10:30 am.** Shirley, Mamie & Sera will return to continue leading us in the two-step and the Electric Slide.

MEMORIAL DAY TRIBUTE— Memorial Day Tribute: Please come join us, **Thursday, May 25th at 11:00 am.** Our center choir will lead in this special tribute to those who died in active military service defending our great nation. – The Center of Active Living recognizes each member for their contributions to our county, community and country.

ACRYLICS WITH TINA FIELDER: **Thursday, May 25, at 1:30.** Tina will lead us in Advance Acrylics. Please register by Monday, May 22, Class size limited to eight participants. Cost \$15.00.

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, **May 26, at 10:30 am.**

MOVIE & LUNCH— **May 30,** we will travel to the Cinema Café in Edinburg, Chesapeake, Virginia. Movie and showtime will be provided upon theater announcements.

STROKE SCREENING— **May 31, 10:00-12:30 pm .** ECU Medicine will provide a stroke screening beginning at 10:00 am and concluding at 12:30 pm. National Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and to lessen the occurrence of stroke in the U.S. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of stroke — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs due to bleeding. Both conditions cause parts of the brain to stop functioning properly. Reports state that a stroke happens in America every 40 seconds. Please register by May 24.

JUNE.....



FISHING ADVENTURE — **June 1, Save the Date!** We are going on a fishing adventure: Camp Cale, 337 Camp Cale Road, Hertford, NC. Leaving the center around 8:00 am! Arriving at Camp Cale at 8:30 am and will leave Cale at 12:30 pm. We will pack some snacks and you are welcome to bring your favorites for yourself or to share.

Bring your lunch and join us under the pavilion at 11:30 am for lunch. Also bring your coolers for your fish, chairs, hats, sunscreen, mosquito spray, fishing pole if you have one, favorite fishing bait and whatever you may need.

Fishing License will be provided for those needed and some fishing poles and bait will be provided.

Please register by May 25th.

WORLD ELDER ABUSE AWARENESS: - The Albemarle Commission Area Agency on Aging presents, World Elder Abuse Awareness Day. Come join as we walk for this 8th Annual WEAAD, **June 9, at 10:00 am—2:00 pm**, Elizabeth City. There's No Excuse for elder Abuse! Must pre-register by May 10. Event T-Shirts also available at a cost of \$5.00. **Registration deadline: May 10**, leaving Center at 9:30 am.

POOL PARTY— Summer is Almost Here! Come join us as we enjoy the afternoon in the pool, **Tuesday, June 13, from 1 to 3pm**. We will leave the center at 12:30pm. Wear your swimsuit, take a hat, sunscreen and a bottle of water! We will return to the center by 3:30pm. Thank you Jenny for sharing this opportunity with us.

Creative Writing with Ilene: Ilene Hardison will lead in Creative Writing Moments, **Mondays, June 12, July 10 and August 14, at 10:30am**. This informal opportunity will provide leadership in the components found in creative writing, which may include: (1) Connecting, or at least attempting to connect with the reader's emotions, (2) writing from a specific point of view, organizing the text around a narrative structure which shapes how the reader interacts with the content and using imaginative and or descriptive language. Please bring your favorite notebook, pencil and enjoy this great opportunity.

Father's Day Celebration: In the United States, Father's Day was founded by Sonora Smart Dodd, and celebrated for the first time in 1910. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday in June. Join us as we celebrate Father's Day, Wednesday, **June 14th at 10:30am**.



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 – May birthdays will be celebrated on **Wednesday, May 3**, right after lunch is served! Please let us know if you celebrate your birthday in May.

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 –

Thursday, May 4 at 1:00 pm , the choir will meet for practice at the center.	
Thursday, May 11 , the choir will meet at the center at Noon ,	Enjoy lunch together at Wendy's with singing provided at 2:00 pm at the Edenton House .
Thursday, May 18 , the choir will meet at the center at 11:30 am ,	have lunch at Capt Ds and sing at The Landings , 2:00 pm
Thursday, May 25 , the choir will meet at the center at 11:00 am for Memorial Day at center.	have lunch at Quality Seafood and sing at Waterbrook , 2:00 pm.

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 daily. 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-1pm 426-8309.** *Donations are needed and accepted!*

EXERCISE CLASS - This low impact exercise class is scheduled for **Monday, Wednesday and Friday** starting at **9:30 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, at 8:30 am.** Please come and join us for this great opportunity.

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.



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, Tuesdays, 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).

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..



*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 County Center for Active Living

252 426-8309

**Jenny Coppersmith,
Nutrition Manager**

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 May 11, 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.

Statement of Purpose



The mission of the
Perquimans County Center for Active Living
is to seek to improve and enhance the quality of life of
our older adult population and to promote their
participation in all aspects of community life.