

Hours of Operation: Monday—Friday 8:00 AM—5:00 PM / Phone: (252) 426-5404



PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944



SANTA FOR SENIORS— Help us bring some cheer to the homebound adults throughout our County! Participate in our annual gift drive to make the season a little brighter for our participants, who may otherwise, go without! How can you Help? Donate one (or more) of the following items:
Tissues, Hand Pump Soap, Individually wrapped candy, Toilet Tissue and Personal Care Wipes. These items will be used to make Holiday Gift Bags for each of our Home-Delivered Meal Participants. For More information, please call 252-426-5404. **Donations needed by: November 28, 2023.**

UPCOMING ADVENTURES!



Ark Encounter & Louisville, KY— April 15-19, 2024
Your 5 Day / 4 Night Package Includes:
Experience the Ark Encounter

Features a full-size Noah's Ark, built according to the dimensions given in the Bible.
Learn how Noah could have cared for the animals and how the Ark was big enough to fit them on board!
Dinner @ Emzara's kitchen at the Ark Encounter.

Visit The Kentucky Derby Museum & Churchill Downs- The Kentucky Derby Museum is one of the premier attractions in Louisville celebrating the tradition, history, hospitality and pride of the work-renowned event that is the Kentucky Derby.

Dinner Show at the Derby Dinner Playhouse—You'll enjoy a wonderful meal and fabulous Broadway-Style Musical Show at one of the oldest and largest continually operating professional dinner theaters in the country.

Admission to the Creation Museum at the 75,000 square-foot Creation Museum, the pages of the Bible come to life. Standard Taxes, Baggage Handling & Meal Gratuities, Deluxe Motor Coach Transportation.

For Information and/or Reservations, contact: Beverly Gregory @ 252 426-5404.
Price: \$799.00 per person—Double Occupancy. Single Occupancy: \$1,059.00.
Travel protection \$92.00 (double occupancy) and \$119.00 (single) per person.

Reservations and Deposit welcome at this time.
First Deposit amount \$250.00 (or more is accepted) due by January 8, 2024. Final payment of \$549.00 each if two in a room or \$809.00 if single occupancy due by February 19, 2024. One piece of luggage per patron w/an additional carry-on to be stored in the overhead compartment.

JOURNEY TO THE HEART OF IRELAND TOUR

October 12—19, 2024 Join Us For An Unforgettable Adventure..... Tour includes: 8 Days / 6 Nights;

- ◇ Round Trip Airfare, Motor Coach Transportation To and From Airport; Transport by Luxury Coach in Ireland /
- ◇ 6 Nights Hotel Accommodations Include: 2 Nights Stay in an Authentic 18th Century Castle;
- ◇ Full Breakfast every morning; 4 Dinners Including a Farewell Dinner and: A special Dinner with Traditional Irish Entertainment.
- ◇ Panoramic Sightseeing Tour of Galway City,
- ◇ Scenic Tour Connemara;
- ◇ Stop at Kylemore Abbey for Photo Opportunity;
- ◇ Visit the Connemara Marble Factory and the Celtic Crystal Factory;
- ◇ Travel to the Majestic Cliffs of Moher;
- ◇ Scenic tour of Dingle Peninsula;
- ◇ Explore the Blarney Woollen Mills;
- ◇ Visit to Blarney Castle where you can kiss the famed “Blarney Stone”;
- ◇ Explore and Enjoy the Singing Pubs of Killarney;
- ◇ Travel by Tipperary and Cashel;
- ◇ Stop at the Historic Rock of Cashel for a Photo-Op;
- ◇ Sightseeing in Dublin;
- ◇ Visit the Guinness Storehouse, enjoy Panoramic views of Dublin from the Gravity Bar;
- ◇ Admission to Book of Kells at Trinity College;



All local taxes, hotel service charges & portorage for one suitcase per person. PML Tours Escort for the duration of the trip. Price: \$3699.00 Per Person—double Occupancy* Single Occupancy \$4299.00.

For Information & Reservations—Call Beverly Gregory @ 426-5404.

Payment Schedule: \$250.00 per person deposit and registration is still being accepted. Second Deposit of **\$1000.00 per person** is due by **January 25, 2024**. Final payment is due by **June 6, 2024**. Travel Protection should be purchased at the time of initial deposit. Cancellation

Penalty begins immediately upon receipt of your deposit: \$100.00 per person penalty upon deposit. February 1, 2024 \$1,250 per person penalty; June 14, 2024 100% penalty per person. *Itinerary and Air Reservations Subject to changes. ***Passports required. Passports must be valid for six months after the trip's end date.**



The Perquimans
County Center for
Active Living &
Nutrition Site
will be

CLOSED

In Observance of
VETERANS DAY
Friday,
NOVEMBER 10



CLOSED

In observance of
THANKSGIVING
Thursday
NOVEMBER 23
AND FRIDAY,
NOVEMBER 24



November....



MASTER GARDNERES — The garden has been prepared for winter. A planning session for the center 2024 garden will be in February.

BLOOD PRESSURE & VITAL SIGNS - **Wednesday, November 1, 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, **Wednesday, November 1, at 10:30 am**, for handbells.

FLOAT— Christmas parade float preparations, **November 1, @ 12:30 pm.**

FRIENDSHIP ROCKS -- This month we will meet **Thursday, November 2, from 9—11:00 am.** 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.

CHOIR— The choir will meet for practice, Thursday, **November 2, at 1:00**, at 1 pm. **New Members are welcome.**

ZUMBA — **November 3, at 10:30 am.** This will be the only session for November/December. Zumba will resume in January 2024.

CENTER TEA PARTY — Join us for our 2nd Annual Tea Party! **Friday, November 3, at 1:00 pm!** 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 appreciated. 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 **\$2.00.**

VETERANS SALUTE — Join us **November 6 at 10:30 am**, as we honor all those who served. Phillip Duquette, having served in the US Navy, will be our guest speaker and our choir will lead us in celebration of our veterans and country.

LUNCH — Traveling to the Pineapple Café for lunch, and the adventure of thrift store shopping, **November 7, leaving center at 11:15 am.**

SHIIP DAY — **November 7, by appointment only.** 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.”



LIVING LONG & WELL — Ms. Jean Matthews, MSN, RN, Nurse Consultant, Carolina Geriatric Workforce Enhancement Program. ECU – College of Nursing, will present “**The Key to Living Long and Well: Vaccinations, Screenings, and Preventive Actions for Older Adults**” Wednesday, **November 8** , at **10:30 am**.

FLOAT — Christmas parade float preparations, **November 8** , @ **12:30 pm**.

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

WATERCOLOR W/ TINA — **Thursday, November 9, at 1:30**. Tina will lead us in Advance Acrylics. Please register by Friday, November 3. **Class size limited to eight (8) participants**. Cost \$15.00

ARCHERY — **Thursday, November 9**, we are leaving the center at **2:30 pm** and going to Soul Hunters climate-controlled center for the opportunity to enjoy archery! We will return to the center by 4:30 pm. Costs: \$3.00 per person. Please register by November 3.



VETERANS DAY— Center Closed in observation of Veterans Day, **Friday, November 10**.

Our State Tarheel Legislative Representative Jo-Ellen Hutto—
November 13 — 10:30 am.

Our State Tarheel Legislative Representative Jo-Ellen Hutto—

November 13 — 10:30 am. Jo-Ellen Hutto will bring to us the news from her most recent legislative visit. The North Carolina Senior Tar Heel Legislature (NCSTHL) was created as a nonpartisan, unicameral body by the North Carolina General Assembly (NCGA) with the passage of Senate Bill 479 in July of 1993.

The statute describes the goals of the NCSTHL:

- *To assess the legislative needs of older citizens by convening a forum modeled after the NCGA.
 - *To promote citizen involvement and advocacy concerning aging issues before the NCGA.
 - *To develop a nonpartisan forum for older North Carolinians to discuss senior citizens’ issues.
 - *To provide information and education to senior citizens on the legislative process and matters being considered by the NCGA.
- To provide older North Carolinians an opportunity to become more knowledgeable about the legislative process. Members of the NCSTHL are volunteers from all walks of life. Each of North Carolina’s 100 counties may select one delegate and one alternate to the NCSTHL for a two-year term. Appointees must be age 60+ and a resident of the county, but they do not have to be born in North Carolina. The common denominator among the NCSTHL members is a passion to give a voice to those who are at the margins in their advanced years. The NCSTHL is a force assembled to ensure that older adults from all walks of life can age with choice: Choice of setting, supports, and options to ensure quality of life, health, and well-being.

Perquimans County is seeking representation. (two year term)

VAN SHOPPING TRIP - This month's Shopping trip will be, **Tuesday, November 14**. Departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Thursday, November 9. We will travel to Lynnhaven Mall, Virginia.

CHESS TOURNAMENT— **November 14, from 10:00 am till 12 Noon**, we will have a chess tournament. Reservations by Monday, November 6th, Participation limited to ten.

PHOTOGRAPHY 101 — Photographer Pam Hadden will lead us in basic photography, **Wednesday, November 15, at 10:30 am**. Please bring your camera, phone or device you will use. Please register by November 13.

HANDBELLS — Ms. Peggy leads, **Wednesday, November 15, at 10:30 am**, for handbells.

SHUFFLEBOARD — **November 15, at 10:30 am**.

FLOAT — **Christmas parade float preparations, November 15, @ 12:30 pm**.

CRAFT W/ PENNY— Join Penny in creating a Christmas 3-D framed artwork of your favorite Christmas Hymn, **November 16, at 9:00 am**. Costs: \$1.00, limit 12.

SEW MUCH FUN! — Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, November 16, @ 1:00 pm**. Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by November 9. Sewing machines are needed; however, not required. Costs: \$4.00.

SHIIP DAY — **November 16, by appointment only**.

BELL CHOIR — Our Bell choir will be performing at New Hope Church, **November 16, leaving the center at 5:30 pm**.

BOCCE — **November 17, at 10:30 am**.

GIVING THANKS TOGETHER AND THANKSGIVING PIE – Monday, **November 20, join us at 10:30 am**, enjoy special treats with us. Please register by November 13.

LUNCH & A MOVIE — **November 21. Save the date** to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.

CORNHOLE — **November 22, AT 10:30 am**.



Monday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon Afternoon Games

12 Noon Chess

12 Noon Train Dominoes

1:00 pm Mah-Jongg

1:00 pm Bridge

Tuesday

10:00 am Line Dancing

11:30 am Lunch

12 Noon Afternoon Games

12 Noon Chess

1:00 pm Yarn Corner

2 pm Chair Yoga

Wednesday

8:30 am Walk with Ease -WWE

9:30 am EXERCISE CLASS

11:30 am Lunch

12 Noon Afternoon Games

12 Noon Train Dominoes

12 Noon Chess

1 - 3 pm BINGO

THANKSGIVING —in observation of Thanksgiving, we will be closed
November 23 and 24.

CHRISTMAS DÉCOR W/PATTY & PENNY— You are invited to join Patty & Penny in creating a Christmas floral arrangement. **November 27, at 10:30 am.** Costs \$1.00, Register by November 21.

CREATIVE WRITING W/ILENE - Ilene Hardison will lead in Creative Writing Moments, **Wednesday, November 29, at 10:30 am.** 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.

STEP & SLIDE W/Shirley & Mamie — Join us **Wednesday November 29, at 10:30 am.** Shirley & Mamie will return to continue leading us in the two-step and the Electric Slide.

MIKE'S FARMS —**Thursday, November 30, 2023** . Gaylon Pope and Sweet Water are back with us again for our annual Ho! Ho! Christmas Show! Traveling to Beulaville, Come join us for old fashioned cooking followed by Christmas Classics with a touch of comedy. The night will end with our Festival of Lights hayride. **We will leave the center at 10:30am.** Cost is \$70.00. Seating is limited and **Reservations were required by October 17** . For information and/or standby list, Please Contact: Beverly Gregory 252 426-5404

ACRYLICS WITH TINA FIELDER— **Thursday, November 30, at 1:30 pm.** Tina will lead us in Advance Acrylics. Please register by November 22. Class size limited to eight (8) participants. Cost \$15.00 per person.



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

10:30 am Zumba (Nov. 6
only)

11:30 am Lunch

12 Noon Afternoon Games

12 Noon Train Dominos

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

SAVE THE DATES:

December.....

December 1 — Country Christmas – Friday, the Onley Place presents, dinner and a show with Adam Nixon and the Hallelujah Crew right in Caney Island. Cost is \$30.00 per person. Reservation required by November 10. We will leave the center at 5pm. Seating is limited.

December 5 — Come join us for the opportunity to play croquet at Doodle Hill, Tuesday, December 5 @ 12:30 pm, return by 3 pm.

December 7 — Christmas Progressive Meal, Fellowship & Caroling — **Thursday, December 7**, we will begin our celebration with Lunch being served @ 11:30 am, Christmas Caroling and delicious Desserts! Save the Date! You are invited to bring your special complimentary dish for lunch or a delicious dessert. Register by December 1, 2023.

January 2024.....

January 8, 2024—**HEARING AID AND AUDIOLOGIST SERVICES/PATIENTS' RIGHTS:** — Join us **Wednesday, January 8, 2024 at 10:30am**. Hard of Hearing Services Specialist Jennifer Cabe, together with Rebecca Rosenthal, will provide an opportunity for you to understand your right to services and expectations of services from audiologists and hearing aid providers. If you wear hearing aids or are having/had appointments with audiologists, come and join us for this opportunity which will be followed by a question and answer session.

January 10, 2024 — Wednesday, Creative Writing @ 10:30 am.

January 11, 2024— Stamping Cards with Ms. Merry Johansen.

January 17, 2024 — Fisheries Division 101 – Deon Kerr, District 1 Assistant Fisheries Biologist with the Inland Fisheries Division North Carolina Wildlife Resources Commission will be our guest speaker, Wednesday, January 17 at 10:30am. Following his presentation, he will be available for to answer any additional questions relating to our community.

January 24, 2024 — North Carolina Habitat Identification - Wednesday, January 24, at 10:30am our guest presenter will be Terry Boyce. Terry Boyce is the Director of the Dream Hunting and Fishing Program. Come join us as Terry promotes wildlife conservation and provides an opportunity for North Carolina Habitat Identification with hands on Exhibits.

January 25 — Walk with Ease (WWE) informational & Registration Session Friday at 10:30 am.

February.....

WALK WITH EASE — Past participants meet at 8:30 am, for warm up stretching, walking. Next class will be scheduled on **February 12, 2024, beginning a 6 weeks sessions, Monday, Wednesday & Fridays**. 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.

February 9 — **The Onley Place presents:** Out-In-The Cold, Friday night, for their special Valentine Show. Cost of ticket is \$30.00 and reservation is required by January 10, 2024. Seating is Limited.

February 16 — Card Party.

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 12:45 pm until 2:45 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 – Birthdays will be celebrated on the **1st Wednesday of each month**, right after lunch is served! Please let us know if you celebrate your birthday this month.


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. **Bring a snack about once a month to share with fellow players**

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. **Bring a snack about once a month to share with fellow players.**

CHESS— We are playing Chess on **Monday, Tuesday and 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! **Bring a snack about once a month to share with fellow players**

CHOIR –

Thursday, November 2, at 1:00 pm , the choir will meet for practice at the center.	
Thursday, November 9 , the choir will meet at the center at 11:45 am	Traveling to Taco Bell with singing at Heritage Care at 1:00 pm.
Thursday, November 16 , the choir will meet at the center at 12:00 Noon	Enjoy lunch together at Bojangles with singing at 1:30 pm at Citadel
Thursday, November 30 , the choir will meet at the center at 12:00 Noon	have lunch at Wendy's and sing at 1:30 pm, Edenton House .

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 by noon each day for the following 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-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.

We also offer....

- ♦ Archery
- ♦ Bingo
- ♦ Charter Bus Trips
- ♦ CHESS
- ♦ 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



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, foosball table as well as darts available in this room. 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, TUCK & CANASTA - All these games are available here to play or bring your own.

T'AI CHI CLASSES - Will resume soon.

TRAIN DOMINOES - Each **Monday, Wednesday and Friday**, we gather to play Train Dominoes **at noon**. Come and play or come to learn and play.

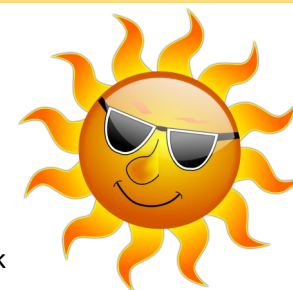
YARN CORNER: **Tuesdays** you have an opportunity to join in sharing ideas and projects as we gather to knit and crochet together at **1 pm**.

CHAIR YOGA CLASSES - Will resume soon.

ZUMBA - Zumba is being offered on, **Friday, November 3, at 10:30 am**, costs: \$5.00 session Fee. This aerobic fitness program features movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. **Zumba will resume in January 2024.**

Note:

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



Don't be a target of healthcare fraud!

Protect / Detect / Report

Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers to a stranger.

Remember, Medicare doesn't call or visit to sell you anything!



Read your Mail!

There maybe Important information about your Medicare Coverage

Please ask for Beverly or LuRee if you have questions



MEDICARE OPEN ENROLLMENT

Medicare open enrollment began October 15 and extends through December 7, 2023. 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 SHIIP (Seniors' Health Insurance Information Program) with **phone number 805-408-1212** or ncshiip@ncdoi.gov.

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

Jasmine has experience with the North Carolina Seniors Health Insurance Information Program and is an excellent educator with compassion for the older population. Her office is located at the Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC.

Medicare.gov

The Official U.S. Government Site for Medicare

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 **Thursday, November 9, 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 9:00 am and the program starting at 10am. New members are welcome.

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..



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 on all aspects of community life.

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.

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