

# PERQUIMANS COUNTY CENTER FOR ACTIVE LIVING

1072 Harvey Point Road

P.O. Box 615

Hertford, NC 27944

*Hours of operation:  
Monday—Friday 8:00*



*Ready...set....go..*

## UPCOMING ADVENTURES!

**MARCH 19, 2024 — The Rudy (March 19, 2024)**

Easter Jubilee— Rudy Theater

Tuesday, March 19, 2024 / Show  
Time: 12:45. Time to Leave Center  
8:30 am. Cost: \$30.00

Reservations/admission fee required  
by February 5, 2024.



**Our goals are for  
everyone to have  
great fellowship,  
feel welcomed, to  
participate and en-  
joy fitness oppor-  
tunities and fun here  
at the Center!**

**- Staff**



Bert Gordon

Beverly Gregory

LuRee Sawyer

Penny Trueblood

Nutrition: Jenny Coppersmith

**May 21—23, 2024—Lancaster, PA. See page 7, for our 3 Day/2  
Night Package! Sign up today.**

**September 16-20, 2024. — UPDATE!—Ark Encounter &  
Louisville, KY. Dates have changed Traveling dates will be,  
September 16-20, 2024. (see page 8 for more information)**

**October 12 –19, 2024 - Journey to the Heart of Ireland Tour. (see  
page 9 for more information)**

**ALBEMARLE SENIOR GAMES:** Official 1entry packets were mailed  
and registration deadline is February 15, 2024! Applications are  
available on line and at the center.



**Activities: 8:30am – 4:30pm / Monday - Friday**

**Website: [pcactiveliving.org](http://pcactiveliving.org)**

Everyday....



**FRIENDSHIP ROCKS** -- Stella Faye will lead us in Rock Painting, **February 1, from 9—11:00 am**. This opportunity is scheduled for the first Thursday of each month 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, **February 1, at 1:00 PM**. ***Thank you choir members!***  
***New Members are welcome.***

**NATIONAL WEAR RED DAY**: **Friday, February 2, 2024**, is National Wear Red Day! Join us as we wear red to raise awareness and learn action steps towards the American Heart Association's goal of reducing death and disability from cardiovascular disease.

**HEART HEALTHY FOOD DEMO**— Join Sara Sowder, Perquimans County Extension Agent, for Heart Healthy Food Demo. **Friday, February 2, at 10:30 am**.

**HEALTHY HEART** — Shavonna Boone, with ECU Medicine, will have a presentation on Healthy Heart, **Monday, February 5, at 10:30 am**.

**GOT TECH?** - Telephone and iPad/Laptop assistance: Do you have questions regarding your cellular phones. Your laptop?. Or your iPad? Bobby will meet with you from **12:30 pm—2:00 pm on Monday, February 5, 2024**, to provide support and resolution. Registration is required. Limited 6.

**SHOPPING** - This month's Shopping trip will be, **Tuesday, February 6**, departing at 9:00 am and return by 4:00 pm, \$3.00 per person. Please make your reservation by Thursday, February 1. We will travel to Greenbrier Area, Va, Kohl's and DSW Shoes.

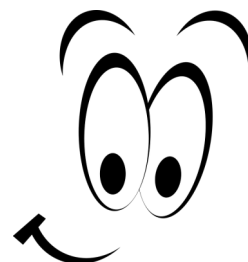
**BLOOD PRESSURE & VITAL SIGNS** - **Wednesday, February 7, at 10:15 am**. *Our local EMS team will be available to check your blood pressure and vital signs.*

**HANDBELLS** — You are welcome to join us as Ms. Peggy leads, **Wednesday, February 7, at 10:30 am**, for handbells.

**ACRYLICS FOR BEGINNERS** — Sandra Henely will lead beginners' acrylics from **9:00-11:00 am, Thursday, February 8**. Registration is limited to eight participants. Cost is \$5.00. Please register by Monday, February 5.

**WATERCOLOR W/ TINA** — **Thursday February 8, at 1:30 pm**. Tina will lead us in watercolor. Please register by Monday, February 5. **Class size limited to eight (8) participants**. Cost \$15.00

**DANCE YOUR WAY TO FITNESS** — Reta, Shirley & Mamie will lead in, Dance Your way to Fitness, **February 9 & 23, at 10:30 am**. Dance fitness involves balance, agility, coordination and skill.



**VALENTINE'S DINNER THEATER:** **Friday, February 9, 2024**, we will leave the center at 5 pm traveling to The Onley Place for "A Valentine's Day Dinner Theater" featuring Out'n the Cold with dinner buffet. Cost is \$30.00. Reservations required.

**WALK WITH EASE** - Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques to build and maintain a successful walking program. This program is for people who want to reduce the pain and discomfort of arthritis and/or joint pain, desire to increase balance, strength and walking pace, build confidence in the ability to be physically active and improve overall health.

This program is offered and begins **Monday, February 12, 2024**. Sessions start promptly at 8:30 am, Monday, Wednesday and Friday each week, with an anticipated class ending date of March 18, 2024. Please register for this class by February 9, 2024

**HEART HEALTH EDUCATOR** — Jean M. Matthews, DHSc, RN, Nurse Consultant, Carolina Geriatric Workforce Enhancement Program, ECU – College of Nursing, will have a presentation on Heart Health Education, **February 12, at 10:30 am.**

**CENTER MOVIE & POPCORN** — Join us here at the center to enjoy a movie and popcorn together, **February 13, at 12:30 pm.**

**WALK WITH EASE**—February 14, at 8:30 am.

**SENIOR ADULT LUNCHEON:** Please join us as we travel to Camp Cale to enjoy a Senior Adult Luncheon, **Wednesday, February 14, 2024**. Soup, sandwiches, and desserts will be served, together with singing, entertainment, games and giveaways! Cost is \$7.00. Registration and fee is due by February 2. Transportation is limited; however, you may also travel along with us or meet us there. **We will leave the center for this great time of fellowship at 11:00 am.**

**SEW MUCH FUN!** — Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, February 15, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by February 9. Sewing machines are needed; however, not required. Costs: \$4.00.

**WALK WITH EASE**—February 16, at 8:30 am.

**CARD PARTY:** Join us! Bring your team! We are thankful to announce we will host a Card Party, **Friday, February 16, 2024**, for you. Lunch will be served at 12:00 Noon and games will be played from 1 pm to 4 pm. Cost is \$8.00 per person. Domino teams, rummikub players, Mah-jongg and more are all invited. You will need to invite, register, and gather your group to play at your table. Next, you need to register by February 9, 2024, bring your team, and enjoy this great opportunity of lunch and fellowship.

**WALK WITH EASE**—February 19, at 8:30 am.

**HEALTH EDUCATION** - Gabriel Corprew, Local Health Education, will present a heart healthy presentation **February 19, at 10:30 am.**

**LUNCH & MOVIE** — **Tuesday, February 20, leaving center @ 11:00 am.** Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$2.00.

**WALK WITH EASE**—**February 21, at 8:30 am.**

**PHOTOGRAPHY 101** — Photographer Pam Hadden will lead us in basic photography, **Wednesday, February 21, at 10:30 am.** Please bring your camera, phone or device you will use. Please register by February 16.

**HISTORY FOR LUNCH** — Join us as we travel to the Museum of the Albemarle for, ***The Freedmen's Colony of Roanoke Island on, Wednesday, February 21, leaving center at 10:30 am.*** Fort Raleigh National Historic Site will provide insight into how Roanoke Island was a place of community for thousands of freedom seekers during the Civil War. Following the island's occupation by Union forces in 1862, it became a haven for African American families in eastern North Carolina. Their presence prompted the Union army to establish a Freedmen's Colony on the northern end of Roanoke Island.

**NANCY'S CREATION**— Join us on, **Thursday, February 22, 8:30-11:00 am.** Nancy Maines will lead in designing a collage. Please register by Thursday, 15. Cost: \$3.00.

**ACRYLICS WITH TINA FIELDER**— **Thursday, February 22, at 1:30 pm.** Tina will lead us in Advance Acrylics. Please register by February 16. Class size limited to eight (8) participants. Cost \$15.00 per person.

**WALK WITH EASE** — **February 23, at 8:30 am.**

**DANCE YOUR WAY TO FITNESS** — **February 23, at 10:30 am.**

**WALK WITH EASE** — **February 26, at 8:30 am.**

**HEART HEALTH** — Elisabeth Cowell, Nurse with Gentiva, will present a Heart Healthy presentation on **February 26, at 10:30 am**

**SMITH'S RED & WHITE** — **February 27, leaving center at 9:00 am and return by 4:00 pm.**



We will travel to enjoy this family owned, 4 generations grocery business, that started as a feed & fertilizer store, has grown to keep Smith's tradition growing, they have a large selection of old-fashioned candies, meat market, restaurant

and more.

**WALK WITH EASE** — **February 28, at 8:30 am.**

**ALBEMARLE HOPELINE**— The mission of Albemarle Hopeline is: The elimination of domestic violence and sexual assault through education, intervention, support, and transitional assistance until the dream comes true. Join us **Wednesday, February 28, at 10:30 am,** as Mireya Alvarado, shares with us information regarding the services of Albemarle Hopeline. Wear Orange this day in support of Teen Dating violence awareness month.

**BUNNY DOOR HANGER** - Rebecca Corona will lead us in making of this craft, **February 29, at 10:30 am.** Costs \$5.00, class size limited to 8.

## Choir Schedule



Thursday, February 1, at 1:00 pm	
Thursday, February 8, leaving the center at 11:30 am	Have lunch Bojangles singing, <b>Brian Center (Hertford Health &amp; Rehab) at 2 pm</b>
Thursday, February 15, will leave the center at 11:45 Noon	Enjoy lunch together Wendy's, singing at <b>Chowan River at 2 pm</b>
Thursday, February 22, leave the center at 12:15 am (No Van)	have lunch Story's Seafood Singing at <b>The Landings of the Albemarle 2 pm.</b>
Sunday, February 25— Singspiration	Singing at New Hope Church <b>6 pm</b> <b>Leave Center at 5:30 pm</b>
Thursday, February 29, leave the center at 11:30 am	Have lunch Quality Seafood, singing at <b>Laurel Park/Citadel at 1:30 pm</b>

## March....

**DINNING WITH DIABETES** — **March 4, 11, 18 & 25th @ 10:30.** Sara Sowder, Perquimans County Extension Agent will present, Dining with Diabetes. This is a national extension program provided by NC State University Family and Consumer Sciences professionals and community health partners. The program is a series of four classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

**OUTDOOR GAME DAY!** — **March 7, 2:00—4:00 pm.** Come to practice for Senior Games or just come to play, Bocce, Shuffleboard, softball throw, football throw, and cornhole.

**NC MARINE & ESTUARY** — Chad Thomas is the Executive Director of the North Carolina Marine and Estuary Foundation, will provide an informative and interesting presentation regarding our local waterways, **Wednesday, March 13, 2024 at 10:30 am.** Please share this opportunity with your neighbors and friends. All age 50 and better Perquimans County residents will appreciate hearing of the amazing work of this foundation and the benefit to our communities.

**EASTER CELEBRATION** — **Friday, March 15 @ 10:30 am.** Games, fellowship, doorprize, and special snacks!

**TALENT CELEBRATION: Thursday, March 21** 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!

**HISTORY FOR LUNCH** — **Wednesday, March 20, leaving center at 10:30 am.** Traveling to the Museum of the Albemarle for a presentation from Scott Dannker, former airship pilot, will provide an in depth look of the non-military, commercial airship activities in Elizabeth City since the mid-1980s.

**RETIREMENT CELEBRATION** — **March 27, 2024, from 1:00 to 3:00 pm,** You are invited to attend the Retirement Celebration, honoring Beverly Gregory! We encounter many individuals in our lives that leave a lasting impact, and Beverly has done just that, on so many of our lives. Come and join us in fellowship and celebration.

## APRIL....

**ALBEMARLE SENIOR GAMES** — Tuesday, April 16, Registration/Welcome 9:00 am, Perquimans County Community Center. Fun walk, discus, shot put, football, softball & basket ball throw, standing long jump.

**HEARING TEST SCREENING** — Jennifer Cabe, the division of hard of hearing will have April 22, starting times... 10 –12 1 –2

## May....

**HEALTH FAIR** — Health Fair, hosted by ECU Health Chowan Hospital and Perquimans County Center for Active Living, **May 9, from 9 am to 1 pm**, at the Perquimans Recreation Center.

**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 2024 and be a resident of North Carolina for three (3) consecutive months each year. Registration information is now available at the center and on the web. **The deadline for registration has been moved to February 15, 2024,** without exception this year. Please join in this opportunity of fun, fitness, and fellowship! Please indicate if you will attend the Albemarle Senior Games Showcase on **May 21, 2024**, see page 8 on your form.

## June....

**YARD SALE:-** **June 1, 2024; 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: May 29, 30 & 31. **Please contact Penny, 426-5404** for more information and / or rental space.



# Lancaster, PA

**May 21-23, 2024**

## Your 3 Day/2 Night Package Includes:

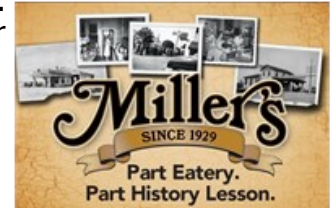


2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

2 Wonderful Dinners Including:

- 1 Dinner at Millers Smorgasbord - Real. Good. Food. Since 1929. Lancaster's Original Buffet & Restaurant uses fresh produce from their Amish neighbor's farm and cook everything from scratch.



Sight & Sound Theater Presents: The Brand-New Production of **DANIEL** – Taken from his people, Daniel is



exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith? From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family.

### **Guided Tour of Amish Farmlands in Lancaster County**

- The tour takes you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon.

Enjoy a visit to Kitchen Kettle Village / Standard Taxes, Meal Gratuities, Baggage Handling  
Deluxe Motor Coach Transportation

## For Information and/or Reservations, Please Contact:

**LuRee Sawyer @ 252-426-5404**

**Trip Date:** May 21 – May 23, 2024

**Price:** \$499.00 Per Person – Double Occupancy; \$599.00—Single Occupancy. First deposit of \$250.00 or more due at anytime up to February 12, with final payment in the amount of \$249.00 (double occupancy per person) or \$349.00 (single occupancy) due by March 19, 2024.



**Travel Protection:** Travel Protection can be purchased at \$51.00/person – Double Occupancy / \$79.00 Single Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to 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. See group leader for details.

Fuel and vendor surcharges may be assessed.



## **Ark Encounter & Louisville, KY—**

**September 16-20, 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.

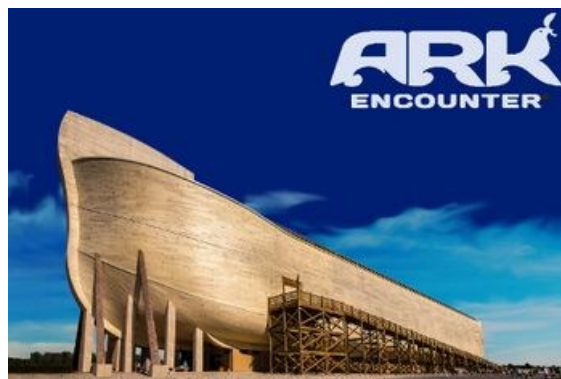
**Visit The Kentucky Derby Museum & Churchill Downs-** The Kentucky Derby Museum is one of the premier attractions in Louisville celebrating the tradition, history, hospitality and pride of the work-renowned event that is the Kentucky Derby.

**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: LuRee Sawyer, @ 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 May 16, 2024. Final payment of \$549.00 each if two in a room or \$809.00 if single occupancy due by July 16, 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 LuRee Sawyer, @ 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.**



### **Monday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Afternoon Games  
12 Noon - Train Dominoes  
12 Noon— Bridge  
1:00 pm Mah-Jongg

### **TUESDAY**

10:00 am Line Dancing  
11:30 am—Nutrition  
12 Noon -Afternoon Games  
12 Noon—Chess

### **Wednesday**

8:30 am Walk with Ease -WWE  
9:30 am EXERCISE CLASS  
11:30 am Nutrition  
12 Noon - Afternoon Games  
12 Noon -Train Dominoes  
12 Noon—Chess  
12:45 pm - 2:45 pm BINGO

### **Thursday**

9:00 am TOPS  
10:30 am Chair Fusion  
11:30 am—Nutrition  
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 Nutrition  
12 Noon - Afternoon Games  
12 Noon - Train Dominos

### **Regularly Scheduled Activities**

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

**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 12:00 Noon**. 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. **Bring a snack about once a month to share with fellow players.**

**CHAIR FUSION CLASS**— This class contains elements of Ballet Barre, Pilates, and strength. Many of the exercises you do in your daily activities. Using a chair will assist in balance and body support. This class will help you to gain flexibility, muscle, strength, and better awareness of how your body moves. Amy Tinsley, will lead this class, Thursdays.

**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!

**DANCE YOUR WAY TO FITNESS** — Join Reta, Shirley & Mamie as they lead this class in fitness! Dance your way to fitness involves, balance, agility, coordination and skill. Fridays, February 9 & 23, at 10:30 am.

**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.

**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** — Gardening will begin with planting seeds **Wednesday, March 6 at 12:30 pm** with Penny. **On March 13, at 12:30 pm**, we will begin preparing garden for planting. Looking forward to see you!

**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.

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



#### **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.**



## 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 Ashley Lamb  
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 February 9, 2024 at 10:00 am** and located at our Local County Community Center (Recreation Center) and monthly until further notice. Application and approval are required.

*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**



### 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 10:00 am.

New members are welcome.



*We also offer....*

- ◆ Archery
- ◆ Bingo
- ◆ Chair Fusion
- ◆ 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
- ◆ TOPS
- ◆ Walk with Ease Programs
- ◆ Monthly BP checks
- ◆ Much More!!!



### **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.

### **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

***Jenny Coppersmith,***  
***Nutrition Manager,***  
to receive additional information.  
(252-426-8309)



*Did You Know....*

You Must be 50 years or older  
to join the fun at the  
Senior Center!

You must be 60 years or older  
to participate in congregate  
meal