



Perquimans County Center for Active Living

1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944

(252) 426-5404

UPCOMING TRAVEL ADVENTURES!

ARK ENCOUNTER & LOUISVILLE, KY—Sept 16-20, 2024

Includes admission to the Creation Museum/Ark, visiting the Kentucky Derby Museum & Churchill Downs, attending a dinner show at Derby Dinner Playhouse. See Flyer at the center or check out our website for more details: pactiveliving.org.

JOURNEY TO THE HEART OF IRELAND TOUR— Oct 12-19, 2024

Separate flyer available at center or check out our website for more details: pactiveliving.org.



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.

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

Website: pactiveliving.org

JUNE SCHEDULE:

SERVE SAFELY—*Monday, June 3, at 10:30 am.* Sarah Sowders will be here to talk about food handling safety.

LUNCH @ FROG ISLAND RESTAURANT & THRIFT SHOPPING —

Tuesday, June 4 departing center at **10:30 am.** Sign up is limited to 14 with fee of \$3 for transportation.

COMMUNITY GARDENING — every

Wednesday in June at 8:30 am. Join us as we work in the community garden! We're growing vegetables, flowers, and herbs. We need volunteers to keep up with watering the garden—see our sign-up sheet in the center.



BLOOD PRESSURE & VITAL SIGNS - *Wednesday, June 5, 10:15 am.*

Our local EMS team will be available to check your blood pressure and vital signs.



HANDBELLS — All are welcome to join us as Ms. Peggy leads the group in the playing of Handbells. ***Wednesday, June 5, at 10:30 am.***

FRIENDSHIP ROCKS -- Stella Faye Correia will lead us in Rock Painting,

Thursday, June 2, at 9:00 am. On the first Thursday of each month, we paint a friendly face, picture or inspirational message on garden rocks to keep for yourself or share in our community.

CHOIR—The choir will meet for practice, ***Thurs, June 6, at 1:00 pm.***


JUNE SCHEDULE (continued).....

ELDER ABUSE AWARENESS WALK— Those who signed up in May will ride together to Elizabeth City for the ***Friday, June 7***, Walk for Elder Abuse Awareness (WEAAD). We will depart the center at ***9:15 am***. The event takes place ***10:00 am -3:00 pm***. Lunch is provided for those who pre-registered and those who signed up for a t-shirt will pick them up and pay for them there.

COMMUNITY HEALTH NEEDS ASSESSMENT— ***Monday, June 10, at 10:30 am***. Gabrielle Corprew from Albemarle Regional Health Services will be here to lead our focus group discussion on what our health needs are in Perquiman's County. Many of you have already filled out a questionnaire she's provided, thank you! If you haven't filled one out already, stop by and will give you one!

CREATIVE WRITING—Ilene Hardison will lead in Creative Writing Moments, ***Monday, June 10, at 10:30 am***. Learn about 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.



 **GOT TECH?** — Need cellphone and iPad/Laptop assistance? Bob Valentine will provide tech support ***Monday, June 6***, from ***12:30 pm to 2:00 pm***. Registration required, limit 6.

LUNCH & MOVIE— ***Tuesday, June 11***, leaving the center at ***11:00 am***. Location and movie to be announced. Transportation fee \$2.00. Registration required, limit 14.

FATHER'S DAY ICE CREAM SOCIAL— ***Wednesday, June 12, at 12:00 noon***. Join us as we honor Fathers (Fathers, Grandfathers, Uncles, role models, mentors) with fellowship and ice cream!

ACRYLIC PAINTING — Stella Faye Correia will guide us as we paint with acrylics ***Thursday, June 13, at 9:00 am***. Registration is limited to eight participants. Cost is \$5.00 for canvas and materials. Please register by Monday, June 10.



ARCHERY— Join us for Archery as we head to PGF Archery in Elizabeth City ***Thursday, June 13***, leaving the center at ***1:30 pm***. Sign up is required, limit 14 to ride with us. You can meet us there before 2:00 but please register so we have a headcount. The cost is \$3.

CROQUET @ DOODLE HILL with a stop at LAYDEN'S MARKET— Join us for fun playing Croquet at Doodle Hill ***Friday, June 14***. We will leave the center at ***9:00 am***. On our way back to the center we will stop at Layden's Market in Belvidere. We will be back at center by 11:30 am. Registration is required: limit 14. You are free to drive separate and join us there to play!



DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead us ***Friday, June 14, at 10:30 am***. Dance fitness involves balance and agility! Also on the schedule for ***Friday, June 28, at 10:30 am***.

CAREGIVERS WORKSHOP — ***Monday, June 17, at 10:30 am***. Ashley Lamb, Family Caregiver Resource Specialist from Albemarle Commission Area Agency on Aging, will be here to lead our discussion on the services and resources available.

JUNE SCHEDULE (continued).....

FISHING TRIP TO HOLIDAY ISLAND — *Tuesday, June 18*, leaving the center at **8:00 am**. Join us as we go to Holiday Island Park for a fun time of fishing and fellowship. Hotdogs will be provided for lunch for any who register. Bring a snack or side dish to share. Please also bring chairs, hats, sunscreen, insect repellent, your own cooler and water. A one-time fishing license has been procured for any without license. Registration is required: bus space is limited to 14. You can drive separate and meet us there, but please register!



ADVANCED CARE PLANNING — There will be a talk about Advanced Care Planning *Wednesday, June 19, at 10:30 am*.



PHOTOGRAPHY 101 — Join photographer Pam Hadden *Wednesday, June 19, at 10:30 am*. Be sure to bring your cell phone or any other photo device you like. Pam is planning a field trip to a beautiful garden location. Please register by June 17.

CRAFT WITH PENNY—Penny will lead us in a paint pouring class on varying sized pots, *Thursday, June 20, at 9:00 am*. Registration is required, limit 8. Cost \$3 or \$5 based on the size of the pots.



SEW MUCH FUN! - Angela Ermi and Merry Greene will lead an opportunity to sew (and complete!) a small project *Thursday, June 20, at 1:00 pm*. Registration required by June 17th and there is a \$4 fee. Project materials list available on sign up. Bring in your sewing machine, or use one here at the center. Class size limited to 10.

SHUFFLEBOARD — Join us outside our center to play shuffleboard, *Friday, June 21, at 10:30 am*.

STORY TIME WITH MR. TED WEEKS — *Monday, June 24, at 10:30 am*. Mr. Ted Weeks, our resident poet and orator will share some stories with us—You don't want to miss this!



STROLL DOWNTOWN HERTFORD — *Monday, June 24, at 12:30 pm*. We will head to our own downtown to visit all the shops that Hertford has to offer! Registration is required— limit 14.

SHOPPING TRIP — *Tuesday, June 25* —leaving the center at **9:00 am** and returning by 4:00 pm, \$3.00 per person. This month we will head to Greenbrier! Registration is required—limit 14. Please make your reservation by Thursday, June 20th.

ACRYLICS WITH TINA — *Thursday, June 27 at 1:00 pm*. No fee! PAL (Perquimans Art League) is graciously sponsoring this painting class for us taught by Tina Fielder. Registration required, no sign up limit!

CORNHOLE — Join us outside the center to play Cornhole! *Friday, June 28, at 10:30 am*.

DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead us *Friday, June 28, at 10:30 am*. Dance fitness involves balance and agility!

Choir Schedule



Thursday, June 6	Practice @ Senior Center 1 pm
Thursday, June 13 — leave center at 12:00	Eat at Wendy's — sing at 2:00 at Chowan River
Thursday, June 20—meet at Capt. Bob's 11:45	Sing at Hertford Health/Brain Center 1:00 (drive separate)
Thursday, June 27—leave center at 12:00	Eat at Bojangles, sing 2:00 at Benjamin House

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 to 1 pm.**

Donations are needed and accepted

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 much needed socialization and **smiles!**

There is flexible scheduling to meet our volunteers' needs.

Perquimans Center for Active Living

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

**Jenny Coppersmith,
Nutrition Manager**

(252-426-8309)

Center Staff:

Bert Gordon

LuRee Sawyer

Penny Trueblood

Terri Valentine

**Nutrition: Jenny
Coppersmith**



COMING SOON!

LIFT is an in-person, group-based strength training program that lasts 8 weeks. Participants meet 2x each week for 1-hour sessions. The classes help improve your strength and mobility, learn

healthy food options, create a habit of physical activity, and most importantly help form a community.

Class will be held every Tuesday and Thursday starting October 1st, 9:00 to 10:00 am.

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

REGULARLY SCHEDULED ACTIVITIES

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

Monday

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

TUESDAY

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

Wednesday

8:30am Walk with Ease -WWE
9:30am — EXERCISE CLASS
10:30am — Diamond Art
11:30am — Nutrition
12 Noon — Afternoon Games
12 Noon —Train Dominoes
12 Noon — Chess
12:45pm - 2:45pm — BINGO

AFTERNOON GAMES — Games are scheduled for afternoons (12-4pm). You may play at other times if you have a group to play and if space is available.

BINGO — Bingo is played each **Wednesday from 1:00 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 at Nutrition – Birthdays celebrated on the **first 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 **1:00 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 card game is a favorite. Please come join us and we will share how to play!

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, leads this class, **Thursdays at 10:30 am**.

CHESS — We are playing Chess on **Monday, Tuesday and Wednesdays at 12:00 Noon**. Kelvin is available to show you how to play!

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. Alternating **Fridays at 10:00 am**. Check calendar for dates.

Thursday

9:00am —TOPS
10:30am — Chair Fusion
11:30 am — Nutrition
12 Noon - Afternoon Games
6:00pm — Line Dancing

Friday

8:30am Walk with Ease -
WWE
9:30am —EXERCISE CLASS
11:30am — Nutrition
12 Noon - Afternoon Games
12 Noon - Train Dominos

FITNESS ROOM

**You need registration and waiver on file in order to use the equipment.*

GAME ROOM

Pool / Foosball / Darts /
Table Tennis

8:30 am — 4:30 pm
Monday - Friday.

REGULARLY SCHEDULED ACTIVITIES (continued...)

DIAMOND ART— Diamond painting (also known as crystal art) is the process of applying tiny resin rhinestones (known as "diamonds") to a pre-printed design, usually an adhesive board to create sparkling, vibrant and uplifting pieces of mosaic-style art. Bring your own project and supplies. Meets **Wednesday** afternoons at **noon!**

EXERCISE CLASS — This low impact exercise class led by our own dynamic Ann Reed is scheduled for **Monday, Wednesday and Friday** starting at **9:30 am**. You must have a waiver and registration on file in order to participate. All are welcome!

FITNESS ROOM — The Fitness room is open **8:30 am to 4:30 pm, Monday - Friday**. You need a waiver and registration 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 to 4:30 pm**.

LINE DANCING — Come join us for Line Dancing, Led by Mike and Lorraine each **Tuesday morning at 10:00 am** and/or the **Thursday evening** class which meets at **6 pm**.

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. **Mondays at 1:00 pm**. Come join us—we will show you how to play.

OUTDOOR GAMES — Shuffleboard, Bocce, Croquet, Horseshoes, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitting.

PICKLEBALL - This game is played at the Rec Center **Monday, Tuesday and Thursday** mornings starting at 9:30 a.m. You may call the Rec Center 252-426-5695 to be sure there are others there to play.

ROOK, PHASE 10, RUMMIKUB, TUCK - All these games are available here to play or bring your own.

TRAIN DOMINOS— A fun group game for 3 to 6 players is a popular game played Mondays, Wednesdays, and Fridays during game time. It's an easy game quickly picked up by all who play. Join us!

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 10:00am.

WALK WITH EASE Every Monday, Wednesday and Friday starting at 8:30 we get together to walk. The goal is to improve strength and walking pace, build confidence in the ability to be physically active and improve overall health.



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**.

We also offer....

- ◆ Bocce
- ◆ Cornhole
- ◆ Horseshoes
- ◆ Shuffleboard
- ◆ On Site Library—donate/ take books to read
- ◆ Picnic Area
- ◆ Puzzles —there's always a table set up with an ongoing community puzzle. And there's many to borrow!
- ◆ Much More!!!

You are welcome to the outside game fields and picnic tables at any time while we are open!