

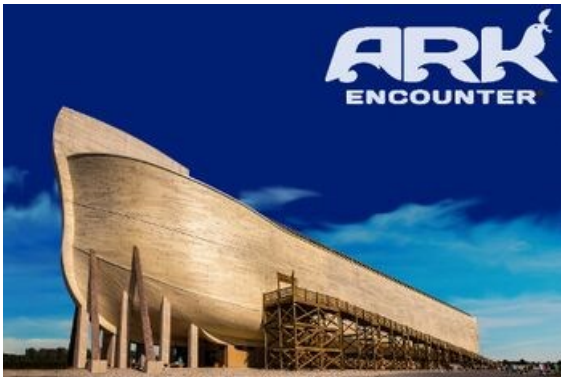


Perquimans County Center for Active Living

1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944
(252) 426-5404 Website: pactiveliving.org

JULY 2024 Newsletter

We still have openings available for both of our upcoming trips!



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

6 days touring across the country. Price includes roundtrip airfare. Separate flyer available at center or check out our website for more details: pactiveliving.org.



A Joyful Christmas

Are you interested in participating in the preparation for the Center for Active Living Christmas Float? The theme this year is “Rocking Around the Christmas Tree.” Please let us know by August 1st!

NEW TRIP ALERT!!

LANCASTER, PA — May 13— May 15, 2025

Trip includes admission to Sight & Sound Theater for their 30th Anniversary production of NOAH, a visit to Li'l Country Store and Miniature Horse Farm, a guided tour of Amish Farmlands, and a visit to Kitchen Kettle Village. See flyer at the center or check out our website for more details: pactiveliving.org.



JULY 2024 — SCHEDULE:

LUNCH & MOVIE— *Tuesday, July 2*, leaving the center at **11:00 am**. Location and movie to be announced. Transportation fee \$3.00. Registration required, limit 14.

EMS—BLOOD PRESSURE & VITAL SIGNS — *Wednesday, July 3, 10:15 am*. Our local EMS team will be available to check your blood pressure and vital signs after our morning Exercise class.



INDEPENDENCE DAY CELEBRATION: *Wednesday, July 3, 10:30 am*. Join us for a celebration of our independence with games and fellowship. At **12:30 pm** we will also have a **Scavenger Hunt** with prizes!

INDEPENDENCE DAY: The center will be CLOSED for **July 4th**.

CORNHOLE — Join us outside the center to play Cornhole! *Friday, July 5, at 10:30 am*.

CREATIVE WRITING—Ilene Hardison will lead in Creative Writing Moments, *Monday, July 8, 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.



HAND SPA EXPERIENCE — Gloria Williams will pamper you with a satin hand treatment, exfoliate dead skin cells, and top it off with a paraffin wax treatment, *Tuesday, July 9, at 10:00 am*.

NUTRITION BIRTHDAY CELEBRATION — We've moved this from it's normal 1st Wednesday to accommodate Independence day celebration. If you join us for nutrition, be sure to stay until 12:00 for our July birthday celebration.

ACRYLIC PAINTING — Join us as we paint with acrylics *Thursday, July 11, at 9:00 am*. Registration is limited to eight participants. Cost is \$5.00 for canvas and materials. Please register by Monday, July 8.



PAINT BOOKMARKS — Bring your imagination and create one-of-a-kind bookmarks with Nancy Maines, *Thursday, July 11, at 1:30 pm*.

LUNCH @ TEXAS ROADHOUSE IN VA — *Friday, July 12* departing center at **10:00 am**. Sign up is limited to 14 with fee of \$3 for transportation.

DANCE YOUR WAY TO FITNESS — Reta, Shirley & Mamie will lead us *Friday, July 12, at 10:30 am*. Dance fitness involves balance and agility! Also on the schedule for *Friday, July 26, at 10:30 am*.

SHUFFLEBOARD — Join us outside our center to play shuffleboard, *Monday, July 15, at 10:30 am*.



SHOPPING TRIP — *Tuesday, July 16* —leaving the center at **9:00 am** and returning by 4:00 pm, \$3.00 per person. This month we will head to Williamston! Registration is required—limit 14. Please make your reservation by Thursday, July 11.

PHOTOGRAPHY 101 — on break for the summer Will resume in September.

CRAFT WITH PENNY—Penny will help us create an oyster shell trinket dish, *Thursday, July 18, at 9:00 am*. Registration required, limit 8. Cost \$2.

BOCCES & HORSESHOES — Come join us for some competitive fun! *Friday, July 19, at 10:30 am*.



JULY SCHEDULE (continued).....

SUN SAFETY — ***Monday, July 22, at 10:30 am.*** Local health educator, Gabrielle Corprew, will talk to us about UV protection, short and long term health effects, how to recognize problem spots/skin cancer, and what to do if you're spending prolonged periods of time out in the sun, especially during the summer!

BEGINNING WATERCOLOR PAINTING — ***Tuesday, July 23, at 1:00 pm,*** a new artist to our center, Margi Wynn, will teach beginning watercolor. She has been teaching watercolor for over 30 years and has won many awards for her painting. Her gentle approach will give you the basics to encourage you to explore the many ways you can enjoy this fluid medium. Class size limited to 8. Please make your reservation by Friday, July 19. Cost is \$15 for materials.



SEW MUCH FUN — on break for the summer Will resume in September.

POOL PARTY — ***Thursday, July 25 at 1:00 pm.*** Join us as we enjoy the afternoon in the pool! Wear your swimsuit, bring a hat, sunscreen, and a bottle of water! Sign-up required, limit 14 on the bus. Can drive separately, just be sure to sign up!



OUTDOOR GAMES — ***Friday, July 26 at 10:30 am.*** Bring a partner and come play some competitive outdoor games. Bocce, Shuffleboard, Cornhole, and Horseshoes will be available.

SAFETY IN THE BATHROOM — ***Wednesday, July 31 at 10:30 am.*** Swimme & Sons will be giving us a seminar on how we can make our bathrooms safer. They'll be bringing us treats!



NOTE:

Choir will not be meeting in July

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.



COMING SOON!

Lifelong Improvement through Fitness Together (L.I.F.T.) 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.

Class will be held every Tuesday and Thursday starting October 1st, 9:00 to 10:00 am ending November 21, 2024.

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

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. Complete your application today by contacting:

Jenny Coppersmith

252-426-8309

Office hours: **9 am to 1 pm.**

Donations are needed and accepted

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)

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



Center Staff:

Bert Gordon

LuRee Sawyer

Penny Trueblood

Nutrition: Jenny Coppersmith

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