

# August 2024



Office Hours: 9am-1pm

Jenny Coppersmith Manager 426-8309

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b><u>Lunch</u></b> <b><u>is</u></b>				1 Lasagna California Blend Corn Garlic Bread OJ	2 Chicken Salad Beets Pasta Salad Pineapple Juice Cake	3
	<b><u>Served</u></b> <b><u>at</u></b> <b><u>11:30</u></b>	5 Ham & Cabbage Potatoes Cornbread Pineapple Juice Cake	6 Oven Fried Chicken Broccoli Potatoes Pears Roll Cookies	7 BBQ Buttered Potatoes Coleslaw Fruit	8 Turkey Club Sub Broccoli Salad Pineapple Graham Crackers	9 Hamburger Steak w/gravy Lima Beans Rice Fruit Roll Brownie
Milk is Served With Each Meal	12 Cheeseburger Green Beans Apple Crisp	13 Chicken Salad Beets Pasta Salad Pineapple Juice Cake	14 Pork Chop w/gravy Succotash Potatoes Au gratin Strawberries Corn Bread Cookies	15 Baked Turkey w/gravy & Rice Carrots Baked Apples Roll Pudding	16 Chef Salad w/Ham Potato Salad OJ Pita Bread Jello	17
18	19 Spaghetti California Blend Fruit Pudding Bread Stick	20 Tuna Salad Three Bean Salad Macaroni Salad OJ Cookies	21 Meat Loaf Lima Beans Rice Fruit Brownie Roll	22 Roast Beef Sandwich Salad Fruit Cocktail Banana Bread	23 Chicken Breast w/gravy Broccoli & Rice Cake Roll Fruit	<b><u>Donations are</u></b> <b><u>Accepted,</u></b> <b><u>Appreciated</u></b> <b><u>and Needed.</u></b>
25	26 Hotdog Baked Beans Baked Apples Pudding	27 Chef Salad w/Turkey Strawberries Macaroni Salad Cookies	28 BBQ Chicken Peas Macaroni and Cheese Fruit Corn Muffin	29 Lasagna California Blend Corn Garlic Bread OJ	30 Chicken Salad Beets Pasta Salad Pineapple Juice Cake	31



## *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)

## **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!

**Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes!**

## *Did You Know....*

You Must be **50 years or older** to join the fun at the  
**Center for Active Living!**

You Must be **60 years or older** to  
participate in **congregate meal.**

