

Perquimans County Center for Active Living

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

(252) 426-5404 Website: pactiveliving.org



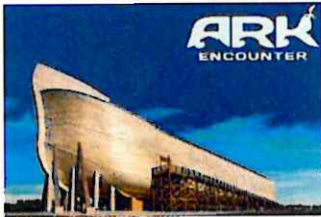
August 2024 Newsletter

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

ARK ENCOUNTER & LOUISVILLE, KY

September 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

Christmas Float

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 if you would like to participate!**

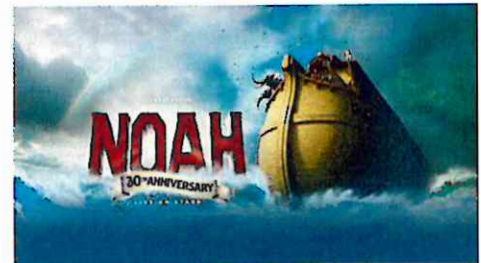


A Joyful Christmas

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.



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.

CHAIR ONE — A Comprehensive Chair-Based Dance Fitness Program “Experience a Total Body Workout Right from Your Chair” **Friday, August 2, 16 & 30th, at 10:30 am.** This Program was created for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. This program delivers a fun, musically driven, interactive, full body workout that uplifts people through dance and fitness movements.

Beeswax Food Wraps — **Monday, August 5, at 10:30 am.** Join Sarah Sowder, NC State Extension Agent, as she will share with us her recipe and method of making beeswax wraps to use as a replacement for plastic wrap. These are perfect for wrapping sandwiches, leftovers, snacks and virtually every food storage need.

CYPRESS CREEK & SHOPPING TRIP — **Tuesday, August 6** —leaving the center at **10:30 am** and returning by 4:00 pm, \$3.00 per person. After enjoying lunch together, we will shop at Tanglewood Pavilion in Elizabeth City. Registration is required—limit 14 to ride the bus.



Wii Game Station — Come enjoy a popular video game, features a wireless motion sensing controller, with games like tennis, bowling & golf to name a few. Come inside and stay active with fun, fellowship and staying active.

POOL PARTY — **Thursday, August 15, 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, leaving center at 12:30 pm. Can drive separately, just be sure to sign up!

LUNCH & MOVIE— **Tuesday, August 20,** leaving the center at **TBA.** Location and movie to be announced. Transportation fee \$3.00. Registration required, limit 14.

SENIOR CITIZENS DAY — **August 21, 2024**—National Senior Citizens Day, recognizes the achievements of the more mature representative of our nation!

OUTDOOR GAMES — Bring a partner and come play some competitive outdoor games. Bocce, Shuffleboard, Cornhole, and Horseshoes will be available.

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

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



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: **Tuesday and Thursday starting October 1st, 9:00**

August Senior Choir Schedule

August 1, 2024	Practice 1:00, Senior Center
August 8, 2024	Brookdale, Sing at 2:00, Leave Center at 12:15, eat at Quality Seafood
August 15, 2024	Edenton House, Sing at 2:00, Leave Center at 12:30, eat at Mamasita's
August 22, 2024	Waterbrook, Sing at 2:00, Leave Center 12:15, eat at Bojangles
August 29, 2024	Heritage Care, Sing at 2:00, Leave Center 12:15, eat at Taco Bell

