

Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org



October 2024 Newsletter

Biltmore Estate in Asheville, NC

December 10-12, 2025

A visit to the Biltmore is a feast for the senses, featuring wreaths, garlands, and the sparkle of thousands of ornaments, from the Biltmore House to Antler Hill Village! The first deposit of \$250.00 (or more) is due by August 6, 2025. The final payment of \$369.00 (two in a room) or \$469.00 (single room) is due by October 1, 2025. Travel insurance is \$79.00.



LANCASTER, PA
May 13–May 15,
2025

The 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 the flyer at the center or check out our website for more details: pcactiveliving.org.



Mike's Farms

Ho! Ho! Christmas Show

December 11, 2024

Cost: \$75.00

REGISTER NOW

Come out for one of our most popular Holiday events! Event will include a famous down home country menu served buffet style, musical variety show full of Christmas classics and a touch of comedy by Gaylon Pope & SweetWater, and the festival of lights hayride. It will be an evening to enjoy!

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.

OCTOBER 2024—SCHEDULE

Review our monthly calendar for more regular scheduled activities!

LIFELONG IMPROVEMENT THROUGH FITNESS TOGETHER (L.I.F.T.) — 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, and create a habit of physical activity. Class will be held: **Every Tuesday and Thursday starting October 1st, 9:00 to 10:00 am, and ending November 21, 2024.** Registration is required!



RIVER CITY RC CLUB — **Monday, October 7**—leaving the center @ **9:00 am** — Come watch hobbyists fly model aircraft of all sizes. Don't forget your chair and sunglasses! Registration is required! Transportation Cost: \$3.00

GOT TECH? — **Monday, October 7 @ 12:30 pm** —Do you have questions regarding your cellular phone, laptop, or iPad? Bobby will be here to provide support and resolution. Registration is required! Limited to 6.

BEESWAX FOOD WRAPS — **Tuesday, October 8 @ 10:30 am** — Join Sarah Sowders, 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. Registration required! Cost: \$5.00.



ADVANCED CARE PLANNING — **Wednesday, October 9 @ 10:30 am** — Join us and learn the who, what, when, where, how, and most importantly, the why of advanced care planning.

FALL/WINTER CENTER GARDEN PREP — **Wednesday, October 9 @ 10:30 am** — Want to enjoy the benefits of having your own garden but do not have the space? Join Penny and help prepare the Center's fall/winter garden.

ACRYLIC PAINTING — **Thursday, October 10 @ 9:00 am**—Join us as we paint with acrylics. Registration is required! Cost: \$5.00

DANCE FITNESS — Enjoy a one-hour, calorie-burning rhythmical workout with Amy Tinsley, **every Friday starting October 4 @ 10:30 am.** Suitable for all fitness levels!

CREATIVE WRITING — Ilene Hardison will lead in Creative Writing Moments, **Monday, October 14 @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 and a pencil and enjoy this great opportunity!



Lunch and Movie — **Monday, October 14** — leaving the center at **10:30 am**—Join us as we travel to Edenton for lunch and a movie! Transportation cost: \$3.00

TERRI'S CARD MAKING AND STAMPIN'! — **Tuesday, October 15 @ 10:00 am**—Join Terri Valentine and learn to make one-of-a-kind cards using stamps! Registration is required! Cost: \$2.00

PHOTOGRAPHY — Join photographer Pam Hadden on **Wednesday, October 16 @ 10:30 am.** Be sure to bring your cell phone or any other photo device you would like!

CRAFT WITH PENNY— Penny will lead us in a paint-pouring class on varying-sized pots, **Thursday, October 17 @ 9:00 am.** Registration is required, limit 8. Cost \$3.00 or \$5.00 based on the size of the pots.



OCTOBER 2024—SCHEDULE CONTINUED...



SEW MUCH FUN! — Angela Ermi and Merry Greene will lead in an opportunity to sew on **Thursday, October 17 @ 1:00 pm**. Some thread, fabric, and sewing tools are provided. Please register for this great time of sewing and fellowship by October 10. Sewing machines are needed; however, not required. Registration is required! Costs: \$4.00

BREAST CANCER AWARENESS — Join Gabrielle Corprew, Albemarle Regional Health Educator on **Monday, October 21 @ 10:30 am**, as we acknowledge Breast Cancer Awareness Month by discussing all things breast cancer, from causes & risk factors to prevention and early screenings.

CHRISTMAS FLOAT PREPARATION MEETING — **Monday, October 21 @ 2:00 pm**—Join us and experience the magic of creating this year’s float for the Hertford Christmas Parade!

LET’S GO SHOPPING — **Tuesday, October 22**, leaving the center **@ 9:00 am** — Join us for a fun day shopping at Greenbrier Mall! Registration required, limit 14. Transportation fee \$3.00.

SENIOR ADULT LUNCHEON—**Tuesday, October 22**, leaving the center **@ 10:45 am** - Traveling to Camp Cale, for an afternoon of fellowship, entertainment, and a delicious meal. Registration is required ! Payment due by October 15. Cost: \$8.00

FLU VACCINE CLINIC — Our local Family Care Pharmacy team will provide a Flu Vaccine Clinic on **Wednesday, October 23 from 9:00 am—12 noon**. Please register today!

WATERCOLORS — **Thursday, September 24 @ 1:00 pm**—Come join Terri Valentine, and expand your creative expression by learning how to paint with watercolors! Registration Required! Cost: \$5.00

FRAUD & SCAM PREVENTION — Join Brittany Taylor, Vice President of the Hertford Branch SECU, **Monday, October 28 @ 10:30 am** for an informative presentation on fraud and scam prevention.

SOMETHING PUMPKIN — Join NC State Extension Agent Sarah Sowders, **Wednesday, October 30 @ 10:30 am**, in learning a couple of recipes to get you going. There are SO many options for bringing pumpkin flavors to your table!



Choir Schedule



Thursday, October 3	Practice at Center 1:00 pm
Thursday, October 10—leave center @ 12:15 pm	Eat at Chick-fil-a, Sing at 2:00 pm at the Benjamin House
Thursday, October 17—Meet at Captain Bob’s @ 12:15 pm	Sing 2:00 pm at the Landings of the Albemarle (drive separately)
Thursday, October 24—Leave center @ 12:15 pm	Eat at Mamasita’s, Sing 2:00 pm at Edenton House
Thursday, October 31—Leave center @ 12:15 pm	Eat at Quality Seafood, Sing at Brookdale @ 2:00 pm



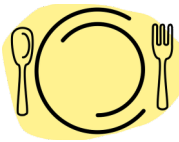
BREAST
CANCER
AWARENESS MONTH

Center Staff:

LuRee Sawyer Penny Trueblood
Bert Gordon Erica Cartwright
Nutrition: Jenny Coppersmith



*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: 9:00 am to 1:00 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 Center for Active Living!

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

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

**Don't be a target of
healthcare fraud!**

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!