

# Perquimans County Center for Active Living

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

(252) 426-5404 Website: [pcaactiveliving.org](http://pcaactiveliving.org)



## November 2024 Newsletter

### Afternoon Tea Party

November 1, 2024

1:00 pm

Cost: \$3.00



Come join us for our 3rd Annual Afternoon Tea Party! Enjoy a cup of tea, refreshments, and fellowship. Wear your favorite tea party hat and attire!

**Don't be a target of healthcare fraud!  
Protect / Detect / Report**

Treat your Medicare, Medicare, and Social Security number like a credit card number. Never give these numbers to a stranger! Remember, Medicare doesn't call or visit to sell you anything!

### Medicare Open Enrollment

November 22<sup>nd</sup> & 25<sup>th</sup>

By Appointment! Register Today!

Medicare open enrollment began October 15th and extends through December 7, 2024. A fact sheet entitled "The Road to Medicare and Planning your Drive" states that "it is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurances."

### Veterans Day Salute

November 6, 2024

10:30 am

Enjoy a sweet treat and refreshment as we celebrate the service men and women! We will have a presentation from Veteran Services Officer, Ron Stites and Handbells with Ms. Peggy.

### The Onley Place

#### Country Christmas Dinner Theater

December 6, 2024

Cost: \$30.00

Join us for a fun evening of delicious food and wonderful entertainment at the Onley Place located in Belvidere, NC. Adam Nixon and the House Band are sure to put on a delightful show.



**REGISTER  
NOW**

### Island Farm

November 12, 2024

Leaving the center at 8:30 am

Cost: \$10.00

Join us as we travel to Manteo, NC to visit Island Farm. Island Farm is a living history site that tells the story of everyday Outer Bankers who lived on Roanoke Island in the 1850s.

#### 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!*

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

**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 @ 9:00 am, ending November 21, 2024.**



**TEA PARTY** — Join us, **Friday, November 1 @ 1:00 pm** for our 3rd annual Afternoon Tea Party. Cost: \$3.00

**DIABETES AWARENESS** — Join Gabrielle Corprew, Albemarle Regional Health Educator, on **Monday, November 4 @ 10:30 am**, as we recognize Diabetes Awareness Month by learning about our individual risk factors, what we can change in our everyday lives to lower those risks, and tips to help manage diabetes for those currently living with it.

**GOT TECH?** — **Monday, November 4 @ 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.

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, November 5 @ 10:00 am** — Join Terri Valentine in making one-of-a-kind cards using stamps! Cost: \$2.00

**VETERANS DAY SALUTE** — Join us, **Wednesday, November 6 @ 10:30 am**, as we salute our service men and women! We thank all who have served!

**NANCY'S FAIRIES** — **Friday, November 8 @ 2:00 pm** — Join artist Nancy Maines and enjoy creating your very own fairy.



**VETERANS DAY** — **Closed Monday, November 11, 2024**, in observance of Veterans Day.

**ISLAND FARM** — **Tuesday, November 12** — leaving the Center **@ 8:30 am** — Come along with us as we tour a living history site that tells the story of the everyday Outer Bankers that lived on Roanoke Island in the 1850s. Registration required, limit 14. Cost: \$10.00

**CHRISTMAS FLOAT MEETING** — **November 13, 26, and 27 @ 10:00 am** —Join us and experience the magic of creating this year's float for the Hertford Christmas Parade! Our theme this year is "Rocking Around the Christmas Tree".

**ACRYLICS** — **Thursday, November 14 @ 9:00 am**—Join Penny painting a Red Cardinal with acrylics. Registration required, limit 8. Cost: \$5.00

**CRAFTY CREATIONS W/ LYNNE** — Join Lynne Leshner, **Thursday, November 14 @ 1:00 pm**, and enjoy designing your very own pincushion!

**CREATIVE WRITING** — Ilene Hardison will lead in Creative Writing Moments, **Monday, November 18 @ 10:30 am**. Please bring your favorite notebook and a pencil and enjoy this great opportunity!

**LET'S GO SHOPPING** — **Tuesday, November 19**, leaving the center **@ 9:00 am** — Join us for a fun day shopping at the Norfolk Premium Outlets! Registration required, limit 14. Transportation fee \$3.00.

**PHOTOGRAPHY** — Join photographer Pam Hadden on **Wednesday, November 20 @ 10:30 am**. Be sure to bring your cell phone or any other photo device!



## OCTOBER 2024—SCHEDULE CONTINUED...

**WATERCOLORS** — **Thursday, November 21 @ 9:00 am** — Come join Terri Valentine, and expand your creative expression by learning how to paint with watercolors! Registration Required! Cost: \$5.00

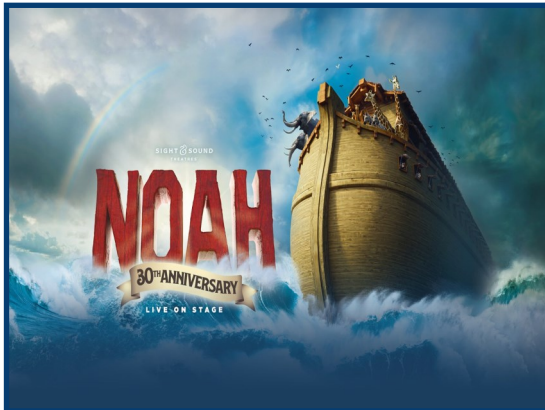
**SEW MUCH FUN!** — Angela Ermi and Merry Greene will lead in an opportunity to sew on **Thursday, November 21 @ 1:00 pm**. Some thread, fabric, and sewing tools are provided. Please register for this great time of sewing and fellowship. Sewing machines are needed; however, not required. Costs: \$4.00

**THANKSGIVING FESTIVITIES** — We are thankful for you! Be our guest on **Friday, November 22 @ 1:00 pm**, and enjoy an afternoon of companionship along with a hot beverage and a sweet treat!

**SHIIP DAY** — Appointments for your annual review here at the Center are scheduled for **Friday, November 22 and Monday, November 25**. These appointments are limited. Preregistration is required.

**AARP DRIVER SAFETY COURSE** — **Monday, November 25 @8:10 am—12:10 pm** — Fasten your seat belts and learn evidence-based safe driving strategies, new traffic laws, rules of the road, and how to deal with aggressive drivers under the guidance of Bill Thorn. Registration is required, class is limited to 20. Cost: \$20 for AARP Members or \$25 for Non-Members

**THANKSGIVING** — We will be closed **Thursday, November 28, 2024, and Friday, November 29, 2024**, in observance of the Thanksgiving Holiday!



### 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](http://pcactiveliving.org).

### Choir Schedule



Thursday, November 7	Practice at Center 1:00 pm
Thursday, November 14—Meet at Center @ 12:15 pm	Eat at Dairy Queen, Sing at 2:00 pm at the Chowan River
Thursday, November 21—Meet at Story's @ 11:30 pm	Sing at 1:00 pm at the Hertford Health Rehab
Sunday, November 24—Meet at Center @ 5:30 pm	Sing at 6:00 pm at the New Hope Church

#### Center Staff:

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



## 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.**

Perquimans County members 60 years of age and better are invited to join us for dine-in nutrition. To participate in congregate meals, contact **Jenny Coppersmith** to complete your application today!

**Office hours: 9:00 am to 1:00 pm.**

***Donations are needed and accepted!***



Medicare open enrollment began October 15 and extends through December 7, 2024. A fact sheet entitled "The Road to Medicare and Planning You Drive" fact sheet states that "it is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options. Including supplements health insurance." More information may be obtained by contacting SHIIP (Seniors' Health Insurance Information Program) at (805-408-1212 or ncshiiip@ncdoi.gov).

Should you not register for review here at the Center and would like to meet in person for your review, please contact Ashely Lamb at your earliest convenience.

### **WHO TO CALL:**

Anyone with questions about Medicare or Prescription Drug (Part D), can contact:

**Ashley Lamb**

Family Caregiver Resource Specialist  
alamb@accog.org

Direct Phone Line: (252) 404-7090

Her office is located at Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC



## *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.

**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 contact **Jenny Coppersmith**.

For all questions or concerns regarding Meals on Wheels, transportation to our nutrition site, or congregate meals, please contact:

**Jenny Coppersmith**  
Nutrition Manager  
(252) 426-8309

## **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!**