



Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org



January 2025 Newsletter

LANCASTER, PA May 13–May 15, 2025

Your 3 Day/2 Night trip package 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.

Price: \$499.00 (per person – double occupancy) or \$599.00 (single occupancy)

Travel Protection: Travel Protection can be purchased at \$51.00 (per person—double occupancy) or \$79.00 (single occupancy). If you wish to purchase Travel Protection, please send in a separate check made payable the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

Payment Information: First Deposit of \$250.00 due February 5, 2025. Final Deposit of \$249.00.00 (per person - double occupancy) or \$349.00 (if single occupancy) is due March 12, 2025.

Luggage: One piece of luggage per patron with an additional carry-on to be stored in the overhead compartment.

For Information and/or Reservations, Please Contact:
LuRee Sawyer @ 252-426-5404.

NEW!

POWER HOUR **Tuesdays @ 10:00 am**

Participate in an hour packed with guidance, support, and motivation! Certified Fitness Trainer Amy Tinsley will be available to instruct you on proper fitness training, strengthening, conditioning, corrective exercise (avoiding injury) , exercise therapy (improving fitness) , and physical therapy (injury/surgery recovery).



Entry Fee
\$10.00

Albemarle Senior Games

Introduction/Registration

January 15, 2025 @ 10:30 am

Enjoy this opportunity to learn more about the Albemarle Senior Games and register for the event!

For more information contact, **Kayla White @ (252) 404– 7088**

Introduction/Registration for

Walk with Ease (WWE)

January 24, 2025 @ 10:30 am

Walk with Ease is a walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques for building and maintaining a successful walking program.

This 6-week program will begin on **February 17 @ 8:30 am** on Mondays, Wednesdays, and Fridays.

A Valentine's Dinner Theater

February 14, 2025

Costs: \$35.00

Register today for a trip to The Onley Place for their Valentine's Dinner Theater. Out'n the Cold will be performing!



ADDITIONAL UPCOMING TRIP

LONDON ENGLAND & COUNTRYSIDE

October 8—October 15, 2025

Your 8 Day/6 Night trip package includes a full day of guided bus touring with meet & greet in London, a visit to Windsor Castle, the Tower of London, Kensington Palace, Stonehenge, and the Canterbury Cathedral, a sightseeing Boat Cruise on the Thames River, and a charming tour of the Cotswold's Villages with included Tea Stop. See the flyer at the center or check out our website for more details:

pcactiveliving.org

Price: \$4399.00 (per person – double occupancy) or \$6399.00 (single occupancy)

Travel Protection: Travel Protection can be purchased at \$499.00 (per person—double occupancy) or \$752.00 (single occupancy). If you wish to purchase Travel Protection, please send in a separate check made payable *PML Travel & Tours*. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

Payment Information: The first deposit of \$250.00 is due January 31, 2025. The second deposit of \$1000.00 is due by March 21, 2025. The final deposit of \$3149.00 + \$100.00 gratuity (per person - double occupancy) or \$5149.00 + \$ 100.00 gratuity (if single occupancy) is due June 27, 2025.

Luggage: One piece of luggage per patron with an additional carry-on to be stored in the overhead compartment.



BILTMORE ESTATE IN ASHEVILLE, NC

December 10—December 12, 2025



*Your 3 Day/2 Night trip package includes a Holiday Dinner at the Biltmore Estates, a Fabulous Holiday dinner at the Omni Grove Park Inn, Asheville, NC, a viewing of the Entries to the National Gingerbread House Competition, a self-guided “Candlelight” Tour of The Biltmore House, a guided tour of Asheville, NC, admission to the Biltmore Estates Gardens and grounds, Antler Hill Village, and Winetasting at the Famous Biltmore Estate Winery. See the flyer at the center or check out our website for more details: **pcactiveliving.org***

Price: \$619.00 (per person – double occupancy) or \$719.00 (single occupancy)

Travel Protection: Travel Protection can be purchased at \$79.00 (per person). If you wish to purchase Travel Protection, please send in a separate check made payable *PML Travel & Tours*. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policy applies.

Payment Information: The first deposit of \$250.00 is due August 6, 2025. The final deposit of \$369.00 (per person - double occupancy) or \$469.00 (if single occupancy) is due October 1, 2025.

Luggage: One piece of luggage per patron with an additional carry-on to be stored in the overhead compartment.

For Information and/or Reservations, Please Contact: LuRee Sawyer @ 252-426-5404.



JANUARY 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

POWER HOUR — Join Certified Fitness Instructor, Amy Tinsley **Tuesdays @ 10:00 am** in the exercise area and participate in an hour packed with guidance, support, and motivation!



NEW YEAR'S DAY — The Center will be **CLOSED on January 1, 2025**, in observance of New Year's Day. May the New Year bring you peace, joy, and happiness!

CREATIVE WRITING — **Monday, January 6 @ 10:30 am** — Join Ilene Hardison for an Introduction to Creative writing! Are you a beginning writer, a seasoned writer, or someone whom wishes to learn more? Come join our group! Creative writing can be as simple as committing to paper just one sentence that shares your thoughts, emotions, feelings, or memories.

ACRYLICS — Thursday, January 9 @ 9:00 am- Join us as we paint with acrylics. Registration is required! Cost: \$5.00



STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS — **January 13 @ 10:30 am** — Bradley Yates, Digital Navigator with Albemarle Commissions, will introduce the pros and cons of IT and the role of the Digital Navigator.

TERRI'S CARD MAKING AND STAMPIN'! — **Tuesday, January 14 @ 10:00 am** — Join Terri Valentine in making one-of-a-kind cards using stamps! Registration Required!

INTRODUCTION/REGISTRATION FOR ALBEMARLE SENIOR GAMES — **Wednesday, January 15 @ 10:30 am** — Join Kayla White, Albemarle Senior Games Co-Coordinator, for an opportunity to learn more about the Albemarle Senior Games and register for the event! Registration/entry fee: \$10.00

PHOTOGRAPHY — Join photographer Pam Hadden on **Thursday, January 16 @ 10:30 am**. Be sure to bring your cell phone or any other photo-taking device!

SEW MUCH FUN! — Angela Ermi and Merry Greene will lead in an opportunity to sew on **Thursday, January 16 @ 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

MARTIN LUTHER KING JR. DAY — The Center will be **Closed on January 20, 2024**, in observance of Martin Luther King Jr. Day.

MOVIE — **Tuesday, January 21 @ TBD**— Save the date to enjoy a movie and lunch together! Movie and showtime will be provided upon theater announcements. Transportation fee \$3.00

WATERCOLORS — **Thursday, January 23 @ 10:00 am** — Come join Terri Valentine, and expand your creative expression by learning how to paint with watercolors! Registration is required! Cost: \$5.00

INTRODUCTION TO WALK WITH EASE — **Friday, January 24 @ 10:30 am** — Walk with Ease is a 6-week walking program developed by the experts at the Arthritis Foundation and the Osteoarthritis Action Alliance to provide tools and techniques for building and maintaining a successful walking program. Accompany us as we introduce this beneficial program and complete the necessary registration paperwork.





JANUARY 2025 — SCHEDULE

CERVICAL HEALTH AWARENESS — Take a deep dive into cervical cancer awareness on **January 27 @ 10:30 am**, with Gabrielle Corprew, Albemarle Regional Health Educator. We will discuss symptoms, causes, risk factors, and treatments to help recognize the importance of screening and the presence of warning signs.



LET'S GO SHOPPING — **Tuesday, January 28**, leaving the center **@ 9:00 am** — Join us for a fun day shopping in Windsor! While out and about, we will be enjoying a delicious southern meal at the Heritage House. It is sure to be a day of fun, good food, and fellowship! Registration required, limit 14. Transportation fee \$3.00.

THE LANDINGS OF THE ALBEMARLE — **Wednesday, January 29 @ 10:30 am** — Tessie Lipscomb, Area Sales Manager, will be here to provide a presentation on the facilities available at The Landings of the Albemarle.

Choir Schedule



Thursday, January 2	Practice at the Center @ 1:00pm
Thursday, January 9 — Meeting at the Center @ 12:15 pm	Eat at Mamasitas Sing @ 2:00 pm at the Edenton House
Thursday, January 16— Meeting at the Center @ 12:15 pm	Eat at Taco Bell Sing @ 2:00 pm at the Heritage House
Thursday, January 23— Meeting at the Center @ 12:15 pm	Eat at Chick-Fil-A Sing @ 2:00 pm at Brookedale
Thursday, January 30— Meeting at the Center @ 12:15 pm	Eat at Dairy Queen Sing @ 2:00 pm at Chowan River

Did You Know?

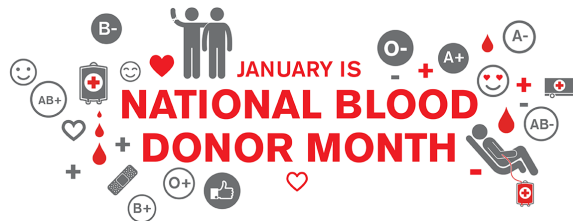
You burn about 285 calories an hour when building a snowman. Snowman building is a great way to build your upper and lower body strength. Lifting, rolling, and packing snow is an engaging way to build your muscle strength.



???? Riddle Me This...

Benjamin was out for a walk when it started to rain. He did not have an umbrella, and he wasn't wearing a hat. His clothes got soaked in the rain, yet somehow, not a single hair on his head got wet.

How could this happen? ?????



Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith

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.