



Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org

February 2025 Newsletter



♠♦♣♥ Card Party ♠♦♣♥

March 7, 2025

12:00 pm—4:00 pm

Cost: \$10.00 per person

Join us for our annual Card Party. Bring your team and enjoy an afternoon of fellowship, competition, and games. Lunch will be provided. You must invite, register, and gather a team for your table.

Registration required by: February 21, 2025

Rudy Theater: Easter Jubilee

March 11, 2025

Leaving the Center @ 8:30 am

Celebrate the season with the sounds of Easter. Contemporary and traditional gospel music and our comedian Cletus will keep you on your toes. Come sing along with us. Costs: \$35.00

Albemarle Senior Games

April 15, 2025

Entry Fee
\$10.00

Promote your total health and physical fitness at this year's Albemarle Senior Games!

Registration Deadline is February 15, 2025

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



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: The First Deposit of \$250.00 is 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.



National Wear Red Day! February 7, 2025



Important Weather Notice:

Please check the Perquimans County Facebook page or the Perquimans County website at www.perquimanscountync.gov for all updates regarding the Center's closure due to potential bad weather.





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



FEBRUARY 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

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

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

HEARING SCREENING — **Monday, February 3, starting @ 10:00 am**—Have your hearing screened by Jennifer Cade, Hard of Hearing Service Specialist. Michael Marts, a Telecommunications Consultant, will also be onsite to display various hearing assistive technologies. Register today! 15-minute appointments are limited!

LET'S GO SHOPPING — **Tuesday, February 4**, leaving the center **@ 9:00 am** — Join us for a fun day shopping at Lynnhaven Mall! It will surely be a day of fun and fellowship! Registration required, limit 14. Transportation fee \$3.00.

NATIONAL WEAR RED DAY — **Friday, February 7, 2025**, is National Wear Red Day! Join us as we wear red to raise awareness and learn action steps toward the American Heart Association's goal of reducing death and disability from cardiovascular disease.



STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS — **February 10 @ 10:30 am** — Do you know how to identify and avoid scams? Join Bradley Yates, Digital Navigator with Albemarle Commissions, and learn to protect yourself from scams! Register today!

TERRI'S CARD MAKING AND STAMPIN'! — **Tuesday, February 11 @ 10:00 am** — Join Terri Valentine in making one-of-a-kind cards using stamps! Class size is limited. Registration Required!

ACRYLICS — Join Terri Valentine, on **Thursday, February 13 @ 9:00 am** and create your very own 12" X 12" Heart shaped Barn quilt acrylic painting. Class Size is limited! Registration is required! Cost: \$5.00

A VALENTINE'S DAY DINNER THEATER — **Friday, February 14**, leaving the Center **@ 4:30 pm**— Spend your Valentine's Day with us at The Onley Place! Out'N the Cold will be performing. Registration is closed!

WALK WITH EASE — Want to reduce the discomfort of arthritis and improve your balance, strength, and walking pace? Join us for this **6-week** program and enhance your overall health. Participants will meet 3 times each week for 6 weeks. Class will be held: **Every Monday, Wednesday, and Friday beginning February 17 @ 8:30 am and ending March 28, 2025**. Registration is needed!



MOVIE — **Monday, February 17 @ 10:30 am**— Save the date to enjoy a movie and lunch together at Mamasita's! We will be seeing "Paddington in Peru"! Transportation fee \$3.00

PHOTOGRAPHY — Join photographer Pam Hadden on **Wednesday, February 19 @ 10:30 am**. Be sure to bring your cell phone or any other photo-taking device!

HISTORY FOR LUNCH — Is your brain hungry for knowledge? Come along with us **Wednesday, February 19 @ 10:30 am**, as we travel to the Museum of the Albemarle. Kathleen DuVal, professor of history at the University of Carolina at Chapel Hill will discuss how North Carolina's men and women responded to and contributed to the American Revolution. Prior to the Museum, we will enjoy lunch at The Sandwich Market.





FEBRUARY 2025 — SCHEDULE CONTINUED

CRAFT WITH PENNY — Penny will lead us in an Easter craft on **Thursday, February 20 @ 9:00 am**. Registration is required, class is limited to 8.

SEW MUCH FUN! — Enjoy this opportunity to sew on **Thursday, February 20 @ 1:00 pm**. Some thread, fabric, and sewing tools are provided. Please register for this wonderful time of sewing and fellowship. Sewing machines are needed; however, not required. Costs: \$4.00



HEART HEALTH AWARENESS — **Monday, February 24 @ 10:30 am** — As we recognize American Heart Month, join Gabrielle Corprew, Local Albemarle Regional Health Educator and discuss all things cardiovascular health to raise awareness about the risks of heart disease, and the importance of identifying/managing heart conditions!

WATERCOLORS — **Thursday, February 27 @ 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

Choir Schedule



Thursday, February 6	Practice at the Center @ 1:00 pm
Thursday, February 13 — Meeting at the Center @ 12:00 pm	Eat at Bojangles Sing @ 2:00 pm at the Benjamin House
Thursday, February 20 — Meeting at Story's @ 12:15 pm	Sing @ 2:00 pm at The Landings of the Albemarle
Thursday, February 27 — Meeting at the Center @ 12:00 pm	Eat at Quality Seafood Sing @ 2:00 pm at Laurel Park/Citadel



Did You Know?

February is one of the most misspelled words in the English language. The White House has even misprinted the word "February" before in a 2015 press release!

Center Staff:

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

February is Heart Health Awareness Month



Riddle Me This...

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples.

Why?



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.