



Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org

March 2025 Newsletter



CARD PARTY



March 7, 2025

Bring your team and enjoy an afternoon of fellowship, competition, and games. Lunch and snacks will be provided! Pre-registration is needed!

Free Tax Help Available in Hertford!

The Hertford Rotary Club will host free tax return services again this year. Appointments are available on Tuesdays from 12:30 pm to 4:30 pm, and Saturdays from 9:00 am to 12 noon. The first available date is February 15th and the last is April 11th. Please call (252) 619-7618 to schedule your appointment today!

REGISTER NOW

Easter Celebration



April 11, 2025

Celebrate this wonderful time of year with us! Sign up today for an eventful afternoon of games, refreshments, and companionship.

YARD SALE

June 21, 2025

Mark your calendar for our annual yard sale!

Some rental spaces still available!

\$20 (w/ table set up)

\$15 (w/o table set up)

Registration & Payment due by:

May 1, 2025



LET THE GAMES BEGIN!

April 15, 2025

Join us at the Perquimans County Recreation Center for the Albemarle Senior Games. Showcase your athletic side through the football throw, shot put, discus, and more!

To participate, registration is required!

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



Albemarle Senior Games Showcase will take place on **May 22, 2025 @ 2:00 pm!**

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.



UPCOMING TRIP

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

The Final Deposit is due March 12, 2025.

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 to *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 to *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



MARCH 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

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. Class will be held: **Every Monday, Wednesday, and Friday @ 8:30 am and ending March 28, 2025**. Registration is needed!

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! Class begins in the back activity room!

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

EAT BETTER, FEEL BETTER — **Monday, March 3 @ 10:30 am** — Wondering what are the best ways to develop healthy eating and physical activity habits? As we recognize National Nutrition Month, join Gabrielle Corprew, Local Albemarle Regional Health Educator, and learn how nutrient needs change with age, discuss food options from all food groups, explore where food comes from, and the community resources available!

GARDENING — Join the fun, on **Monday, March 3 @ 1:00 pm!** Enjoy planning, prepping, and organizing a new year of working together and enjoying the benefits of gardening and developing friendships followed by fellowship!



LET'S GO SHOPPING — **Tuesday, March 4**, leaving the center **@ 9:00 am** — Take a trip with us to Little Washington and shop 'til you drop! It will surely be a day of fun and fellowship! Registration is required, limit of 14. Transportation fee \$3.00.

ADVANCE CARE PLANNING — Ellie Ward, BSN, RN, will be here **Tuesday, March 4 @ 10:30 am**, to discuss the who, what, when, where, how, and most importantly the why of advance care planning. Be sure to bring your Photo ID, as it will be needed for the completion of various documents.

SHUFFLEBOARD — Join us **Thursday, March 6 @ 10:30 am** for a morning of fellowship and shuffleboard!

CARD PARTY — Join us for our annual Card Party, **Friday, March 7 from noon—4:00 pm**. 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. Costs: \$10.00



TIME CHANGE — **Sunday, March 9** — It's Daylights Savings! Set your clock 1 hour ahead!

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

OUTDOOR GAMES — **Monday, March 10 & 17 @ 12:30 pm**— Practice makes perfect! Sharpen your skills with us before the Albemarle Senior Games!

THE RUDY THEATER: EASTER JUBILEE — **Tuesday, March 11, 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. Reservations required!

ACRYLICS — Join Penny, on **Thursday, March 13 @ 9:00 am** and create your own floral 8x10 acrylic painting. Class Size is limited! Registration is required! Costs: \$2.00

BOCCE & CORNHOLE — Join us **Thursday, March 13 @ 10:30 am**, for a fun morning of bocce and cornhole!

HISTORY FOR LUNCH — Is your brain hungry for knowledge? Come along with us **Friday, March 14 @ 10:30 am**, as we travel to the Museum of the Albemarle. Local historian, Robert Waters will provide a narrative and history of Celtic and traditional Irish selections played on a variety of instruments. Prior to the Museum, we will enjoy lunch at a local restaurant.





MARCH 2025 — SCHEDULE CONTINUED

GOT TECH? — Monday, March 17 @ 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.

SYLVIAN HEIGHT BIRD PARK — Tuesday, March 18 @ 8:30 am — Travel with us to Scotland Neck, NC to see birds in a whole new way at one of the nation’s premier avian conservation and education centers. See rare and endangered waterfowls, parrots, flamingos, toucans, pheasants, and much more! Costs: \$15.00 for ages 50-61 / \$13.00 for ages 62 or better



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

HISTORY FOR LUNCH — Travel with us to the Museum of the Albemarle on **Wednesday, March 19 @ 10:30 am**. Amanda Irvin, program coordinator at the Historic Edenton State Historic Site, will tell the tragic and inspiring tale of Harriet Jacobs, a woman forced to work in the household of an abusive enslaver. Prior to the Museum, we will enjoy lunch at a local restaurant.

CRAFT WITH PENNY — Penny will lead us on **Thursday, March 20 @ 9:00 am** in designing our own spring topiary. Registration is required, class is limited to 8. Costs: \$5.00



SEW MUCH FUN! — Enjoy this opportunity to sew on **Thursday, March 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

TERRI’S CARD MAKING AND STAMPIN’! — Tuesday, March 25 @ 10:00 am — Join Terri Valentine in making one-of-a-kind cards using stamps! Class size is limited. Registration Required!

GARDENING — Join the fun, on **Monday, March 31 @ 8:30 pm!** Enjoy planning, prepping, and organizing a new year of working together and enjoying the benefits of gardening and developing friendships followed by fellowship!

Choir Schedule

Get Ready to Spring Forward!

Daylight Saving Time is **March 9th, 2025.**

Set your clocks ahead by 1 hour!

Did You Know?

One of the most beloved games of family game night, Monopoly, was invented on March 7th, 1933!

Thursday, March 6	Practice at the Center @ 1:00 pm
Thursday, March 13 — Meeting at the Center @ 12:00 pm	Eat at Wendy’s Sing @ 2:00 pm at Primetime
Thursday, March 20 — Meeting at Story’s @ 12:15 pm	Sing @ 2:00 pm at Hertford Healthcare/Brian Center
Thursday, March 27 — Meeting at the Center @ 12:15 pm	Eat at Chick-fil-a Sing @ 2:00 pm at Brookdale

????? Riddle Me This... ?????

My life span is short, but my impact is long. I hum a very distinctive song. My favorite colors are yellow and black, and my bottom is shaped like a sharp little thumbtack. What am I?

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