



Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org

April 2025 Newsletter



Has your personal information changed since becoming a member? What about your address, medication, phone number?

Update your information **TODAY!**

Notice:

The London, England & Countryside trip has been reschedule for **April 7—April 14, 2026!**

For more information regarding this trip see our "Upcoming Trip" section on the next page.



Easter Celebration

April 4, 2025

1:00 pm

Hippity-hoppity, Easter's on its way and it is time to celebrate! Sign up today for an afternoon sure to full of exciting games, fantastic company, and a whole lot of fun!



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, discuss, and more!

To participate, registration is required!

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



It's ShowTime!

May 22, 2025

Join us at the Edenton United Methodist Church for the Albemarle Senior Games Showcase! It is sure to be a show full of amazing talent!

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



YARD SALE

June 21, 2025

Do you have items you need to sale after spring cleaning your home? Let us help you!

Some rental spaces are still available!

\$20 (w/ table set up)
\$15 (w/o table set up)

Registration & Payment due by:

May 1, 2025

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

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.



LONDON ENGLAND & COUNTRYSIDE

April 7—April 14, 2026

Date Change!

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 May 1, 2025. The second deposit of \$1000.00 is due by September 26, 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 December 8, 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



APRIL 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! 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!

LET'S GO SHOPPING — **Tuesday, April 1**, leaving the Center **@ 8:15 am** — Take a trip with us to Greenville 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.

EMS VITALS — **Wednesday, April 2 @ 10:30 am**—Our local EMS team will be available to check your blood pressure and vital signs.

HANDBELLS—You are welcome to join us on **Wednesday, April 2 @10:30** for handbells.

ROCK PAINTING—enjoy this opportunity on **Thursday, April 4 @ 9:00 am** to paint rock with friends to share in your community.

EASTER CELEBRATION — Celebrate Easter with us on **Friday, April 4 @ 1:00 pm!** We are sure to have an afternoon full of exiting games, fantastic company, and a whole lot of fun!

PARKINSON'S AWARENESS — **Monday, April 7 @ 10:30 am**— In the United States, nearly 90,000 people are diagnosed with Parkinson's disease each year. Join **Gabrielle Corprew**, Local Albemarle Regional Health Educator, and learn how to recognize early signs and symptoms and discuss other causes and risk factors associated with this movement disorder.



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

NC ESTUARIUM — **Tuesday, April 8**, leaving the Center **@ 9:00am** — Join us as we travel to the world's first estuarium in Washington, NC. You can expect to see more than 200 exhibits that describe our vital estuaries and coastal rivers, including aquariums, artwork, interactive displays, and more. Weather permitting, we will also enjoy a scenic boat tour of the Cashie River. Registration is required, limit of 14. Costs: \$10.00

ACRYLICS — Join **Sandra Henely**, on **Thursday, April 10 @ 9:00 am** and release your creative sign through acrylic painting. Class Size is limited! Registration is required! Costs: \$5.00

PILGRIMAGE — **Friday, April 11** leaving the Center **@ 9:30 am** — Travel along with us to Edenton, NC as we participate in the Pilgrimage, hosted by the Edenton Women's Club (GFWC). The outing will include a scenic walking tour of approximately 15 restored Edenton homes and historical sites spanning various historic eras with distinct architectural features. A box/bag lunch is included. Registration is required!

COOKING WITH HERBS — **Monday, April 14 @ 10:30 am**—Although there are no set rules for using them, it's the interest, imagination, and experimentation of the cook that makes food prepared with fresh herbs tastier and appetizing. Come join **Sarah Sowers**, Cooperative Extension's Family and Consumer Science Agent, to learn about storing, preserving, and cooking with herbs, as well as growing and harvesting information for those wanting to grow their own.



SENIOR GAMES — **Tuesday, April 15 beginning at @ 9:00 am**— Todays the day. Let the Games begin! Meet us at the Perquimans County Recreation Center of the 41st annual Albemarle Senior Games! Registration is required!

HISTORY FOR LUNCH — **Wednesday, April 16**, leaving the Center **@ 10:30 am**—Is your brain hungry for knowledge? Come along with us as we travel to the Museum of the Albemarle. Sandy Stevenson, president of the Perquimans County Restoration Association, will discuss the rebuilding of an early 1700s plank house on the campus of the Newbold White House. Prior to the Museum, we will enjoy lunch at a local restaurant.



Transportation fee \$3.00





APRIL 2025 — SCHEDULE CONTINUED

EASTER EGGS — Join Sue Stokely on Thursday, April 17 @ 9:00 am, and decorate whimsical and colorful Easter Eggs. Class size is limited, register today! Costs: \$5.00

SEW MUCH FUN — Enjoy this opportunity to sew on Thursday, April 17 @ 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

GOOD FRIDAY — The Center will be closed Friday, April 18, 2025, in observance of Good Friday/Easter. Happy Easter! You're Some-Bunny Special!



OUTDOOR GAMES — Friday, April 21 @ 10:30 am—Bring a partner and come play some competitive outdoor games!

EASTER — Sunday, April 20, 2025—Happy Easter! We pray your Easter will be bright with the hope and joy of our risen savior!

PINECONE BIRD FEEDERS — Calling all nature lovers! Celebrate Earth Day with us on April 22 @ 9:00 am, as we create a pinecone bird feeder to support our local wildlife! Register Today!

PHOTOGRAPHY 101— Join photographer Pam Hadden on Wednesday, April 23@ 10:30 am. Be sure to bring your cell phone or any other photo-taking device! Pam is planning a scenic field trip for her class to practice the skills they have learned!

CRAFT WITH PENNY — Join Penny on Thursday, April 24, and design your own trinket box! Costs: \$2.00



OUTDOOR GAMES — Friday, April 25 @ 1:00 pm—Bring a partner and come play some competitive outdoor games!

SWEET TREAT — Monday April 28 @ 10:30 am—Do you want to satisfy your sweet tooth with nourishing treats? Come discover tips and tricks to making tasty healthy desserts at home and learn the benefits of the dessert recipes and ingredients with Sarah Sowders, Cooperative Extension's Family and Consumer Science Agent.

TERRI'S CARD MAKING AND STAMPIN'! — Tuesday, April 29 @ 10:00 am — Join Terri Valentine in making one-of-a-kind cards using stamps! Class size is limited. Registration Required!

STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS — April 30, 10:30 am — Join Bradley Yates, Digital Navigator with Albemarle Commissions, for a digital navigator workshop! Register today!

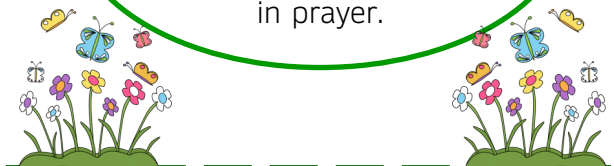
Choir Schedule



Thursday, April 3	Practice at the Center @ 1:00 pm
Thursday, April 10 — Meeting at the Center @ 12:15 pm	Eat at Edenton House Coffee & Café Sing @ 2:00 pm at Edenton House
Thursday, April 17 — Meeting at Story's @ 12:15 pm	Sing @ 2:00 pm at Landings of the Albemarle
Thursday, April 24 — Meeting at the Center @ 12:15 pm	Eat at Chick-fil-a Sing @ 2:00 pm at Waterbrooke

Did You Know?

Pretzels used to be associated with Easter. The twists in a pretzel resembles the arms crossing in prayer.



Center Staff:

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



Riddle Me This...



I welcome the day with a show of light, I stealthily came here in the night. I bathe the earthy stuff at dawn, but by noon...alas! I'm gone! What am I?