



Perquimans County Center for Active Living  
1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944  
(252) 426-5404 Website: [pcactiveliving.org](http://pcactiveliving.org)



## December 2025 Newsletter

### Christmas Pizza Social

December 15, 2025  
11:30 am

Cost: \$5.00

\*Registration/Payment due by:  
December 5, 2025\*



### Sparkle INTO 2026

Come join the fun as we cheers to  
new beginnings!



December 31, 2025  
2:00 pm

### L.I.F.T.

#### Lifelong Improvements through Fitness Together

Join Sarah Sowders, NC Cooperative Extension  
Family and Consumer Science Agent, for an  
engaging 8-week class designed to help you:

- Improve your strength and mobility
- Explore healthy food choices
- Build lasting habits for regular physical activity

January 6—February 26, 2026  
Every Tuesday & Thursday  
Register TODAY!



# Merry Christmas

### Sip into Wellness

Take a moment to unwind with  
Laurie Dablow with the Edenton Tea  
Company as we dive into the  
soothing world of tea.

January 5, 2026  
10:30 am



### Senior Adult Valentines Luncheon

February 10, 2026

Departing @ 11:00 am

Cost: \$10.00



\*Registration/Payment due  
by January 20, 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 Trips

## LONDON ENGLAND & COUNTRYSIDE

April 7—April 14, 2026

*\*Registration Closed\**

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 Canterbury Cathedral, a sightseeing boat cruise on the Thames River, and a charming tour of the Cotswolds Villages with included Tea Stop. See the flyer at the Center or check out our website for more details: [pcactiveliving.org](http://pcactiveliving.org)

## LANCASTER & HERSHEY, PA

May 19—May 21, 2026

Your 3-day/2-night trip package includes admission to the Sight & Sounds Theater for their production of Joshua, a guided tour of Hershey, PA, a visit to Hershey's Chocolate World, an Amish-style dinner, 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)

**Price:** \$519.00 (per person – double occupancy) or \$629.00 (single occupancy)

**Travel Protection:** Travel Protection can be purchased for \$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 policies apply.

**Payment Information:** The first deposit of \$250.00 is due **January 16, 2026**. The final deposit of \$269.00 (per person - double occupancy) or \$379.00 (single occupancy) is due **March 20, 2026**.



Do you know what to do in the event of an emergency?

Your safety is our top priority!

Please remember:

- If you hear a fire alarm, **evacuate immediately!**
- Stay calm and use the **nearest marked exit**.
- Leave all belongings behind.
- Go directly to the designated meeting area: **Outdoor Game Area** (unless otherwise stated)
- Follow all instructions from Center staff and emergency personnel.
- Remain at the designated meeting area until emergency personnel or Center staff instruct you otherwise.

It is important that we treat each drill as a real emergency!



Thank you for helping us keep everyone safe!

For more information and/or reservations, please contact: LuRee Sawyer (252) 426-5404



## DECEMBER 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

**YOGA**— Join Certified Yoga Instructor, **Amy Tinsley**, on **Tuesdays @ 9:30 am** for a yoga journey designed just for you. Each class offers gentle movements, mindful breathing, and plenty of encouragement to help you feel your best. Please bring your yoga mat; a limited number of blocks and straps will be available for use during class.



**CHESS** — Discover the joy of chess with players of all skill levels on **Wednesday @ 1:00 pm**. From first-timers to seasoned players, all are welcome!

**COOKING WITH THE SEASON**—Join **Sarah Sowders**, NC Cooperative Extension Family and Consumer Science Agent, on **Monday, December 1 @ 10:30 am**, and discover simple ingredient swaps and healthy twists on classic seasonal favorites.

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, December 2 @ 9:00 am** — Join **Terri Valentine** and enjoy creating a truly unique, greeting card using stamps, ink, papers, and more! Class size is limited. Registration is needed.

**EMS VITALS** — Our local EMS team will be available on **Wednesday, December 3 @ 10:15 am** to check your blood pressure and vital signs.

**HANDBELLS**—Come join us as **Penny & Ms. Peggy** lead handbells on **Wednesday, December 3 @ 10:30 am**. When we ring together, harmony flows!

**THE ONLEY PLACE** — **Friday, December 5, 2025**- Join us as we travel to The Onley Place in Belvidere, NC for their Country Christmas Dinner Theater. Registration is closed.

**HERTFORD CHRISTMAS PARADE**— **Saturday, December 6, 2025 @ 2:00 pm**—Come on out and support the Center as we participate in this year's parade.



**THE IMPORTANCE OF SOCIALIZATION**— **Monday, December 8 @ 10:30 am**—Explore the benefits of friendship, group activities, and community involvement with **Gabrielle Corprew**, Local Albemarle Regional Health Educator.

**BILTMORE ESTATE**— **December 10—12, 2025**—Bon Voyage Travelers! Wishing you a safe and happy journey filled with lots of memories!

**POWERFUL TOOLS**— Join **Ashley Lamb** and **Kayla White** with Albemarle Commission on **Wednesday, December 10 @ 9:30 am** for a follow up discussion for those who participated in the previous 6-week class.

**ACRYLICS** — Discover the joy of painting with acrylics with **Sandra Henely** on **Thursday, December 11 @ 9:00 am**. Whether you're picking up a brush for the first time or looking to refresh your skills, this beginner-friendly class is perfect for you. Class Size is limited! Registration is needed! Cost: \$5.00

**MOVIE**—Join us on **Friday, December 12 @ 1:00 pm** as we gather for a relaxing movie afternoon. Settle in, unwind, and enjoy a great film surrounded by friendly faces. Featured Movie: Deck the Halls

**CHRISTMAS PIZZA SOCIAL** — **Monday, December 15 @ 11:30 am**—Come be a part of our festive gathering filled with delicious pizza, wonderful company, and the spirit of the season! Enjoy the uplifting voices of the Choir and the elegant harmonies of the harp and violin, performed by the talented duo **Nora Crouch** and **Michael Koch**. Registration closes December 5, 2025. Cost: \$5.00



### Riddle Me This...

I sit in the corner dressed in my best, with sparkle and color and lights on my chest. But once the month ends, my glory will fade and back in a box is where I'm laid.

What am I?

A Christmas Tree



## DECEMBER 2025 — SCHEDULE CONTINUED

**LET'S GO SHOPPING** — **Tuesday, December 16**, leaving the Center @ **9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship at the Outer Banks. Lunch will be on your own at Henry's Restaurant. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.



### Did You Know?

The first artificial Christmas trees were made of geese feathers dyed green and attached to wire branches.

**PHOTOGRAPHY 101**—Join photographer **Pam Hadden** on **Wednesday, December 17 @ 10:30 am** and learn to capture every moment through cell phone photography.



**CRAFT WITH PENNY** — Meet **Penny** in the Craft Room on **Thursday, December 18 @ 9:00 am** and take an everyday teacup and transform it into a beautiful pincushion. Cost: \$4:00

**MAINTENANCE DAY** —The Center will be **CLOSED December 22 & December 23, 2025** due to floor maintenance.

**CLOSED** —The Center will be **CLOSED from December 24 –26, 2025** in observance of the Christmas Holiday. We wish each of you a very Merry Christmas!



**SPARKLE INTO 2026**—Come join us on **Wednesday, December 31 @ 2:00 pm** as we cheers to new beginnings, share a few laughs, and ring in the New Year surrounded by friends. We invite you to wear your favorite glittery, shimmery, or festive outfit and help light up the celebration. Dress to sparkle!

*Merry Christmas*



### Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



## A Pinch of Sarah

### No-Bake Cranberry Oat Bites

*Recipe provided by Sarah  
Sowers with Ag Extension*

#### Ingredients

- 1 1/2 cups old-fashioned oats
- 1/2 cup dried cranberries (reduced sugar if available)
- 1/2 cup natural peanut butter (or almond butter)
- 1/3 cup honey (or pure maple syrup)
- 1 tsp. vanilla extract
- Optional: 2 tbsp. ground flaxseed or chia seeds for added fiber
- Optional: pinch of cinnamon or nutmeg

#### Directions

1. In a medium bowl, combine oats, cranberries, and any optional ingredients.
2. In a microwave-safe bowl, warm the peanut butter and honey for about 20-30 seconds to make mixing easier
3. Stir in the vanilla extract
4. Pour the wet ingredients over the dry ingredients and mix until everything is evenly coated.
5. Roll into 1-inch balls (about the size of a walnut).
6. Place on a baking sheet and refrigerate for at least 30 minute to firm up.

\*Store in an airtight container in the refrigerator for up to one week, or freeze for longer storage\*