

Perquimans County Center for Active Living

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

(252) 426-5404 Website: pcactiveliving.org



September 2024 Newsletter



LANCASTER, PA

May 13–May 15, 2025

Trip 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 flyer at the center or check out our website for more details: pcactiveliving.org.

ATTENTION!

New Classes
Amy Tinsley!

Dance Fitness

September 20

10:30 am—11:30 am

A one-hour, calorie-burning
rhythmical workout.

Chair Fitness

September 27

10:30 am—11:30 am

A low intensity, core strengthening,
chair-based exercise.



Register for L.I.F.T

September 4 @ 10:30 am

Lifelong Improvement through Fitness Together (L.I.F.T.) is an in-person, group-based



strength training program that lasts **8 weeks**. Participants meet 2x each week for 1-hour sessions. The classes help improve your strength and mobility, learn healthy food options, create a habit of physical activity. Class will be held: **Tuesday and Thursday starting October 1st, 9:00 to 10:00 am, and ending November 21, 2024.**

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.

SEPTEMBER 2024—SCHEDULE

Review our monthly calendar for more regular scheduled activities!

LABOR DAY— Monday, September 2, 2024— Closed in observance of Labor Day

ZENTANGLE — Tuesday, September 3 @ 9:00 am— Join Penny creating Zentangles, an easy to learn, relaxing & fun way to create beautiful images!

LIFELONG IMPROVEMENT THROUGH FITNESS TOGETHER (L.I.F.T.) _ — Want to learn more about the upcoming LIFT sessions with NC State Extension's Sarah Sowders? Come to our information session **Wednesday, September 4th @ 10:30 am**. To participate in this free program **registration is required!**

OUTDOOR GAMES — Friday, September 6, 20, and 27 @ 10:30 am—Bring a partner and come play some competitive outdoor games. Bocce, Shuffleboard, Cornhole, and Horseshoes will be available.



SOURDOUGH BREAD MAKING — Monday, September 9 @ 10:30 am —Join NC Extension Educator, Sara Sowders, and learn more about the fascinating science behind sourdough fermentation. Participants will leave with their very own start and access to various recipes. Class limited to 15. Cost: \$5.00

GOT TECH? — Monday, September 9 @ 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.

LUNCH & THRIFT SHOPPING TRIP — Tuesday, September 10 —leaving the center @ 9:00 am and returning by 4:00 pm. After enjoying lunch together, we will shop at various Thrift stores in Elizabeth City. Registration is required—limit 14 to ride the bus. Transportation Cost: \$3.00



VOTER UPDATES — Wednesday, September 11 @ 10:30 am —Jackie Greene, the Director of the Board Elections, will provide a presentation on upcoming election related changes and updates.

ACRYLIC PAINTING — Thursday, September 12 @ 9:00 am—Join us as we paint with acrylics. Please register by Monday, September 9. Cost: \$5.00

OUTER BANKS "KITE FESTIVAL" — Friday, September 13 - leaving the center @ 8:30 am— Come watch some of the nation's most talented kite fliers put on world-class displays of artistry and skill with kite flying set to music, synchronized performances, and more. Registration is required—limit 14 to ride the bus or you can meet us there. Transportation Cost: \$3.00

CREATIVE WRITING—Ilene Hardison will lead in Creative Writing Moments, **Monday, September 16 @10:30 am** —Learn about the components found in creative writing, which may include:(1) Connecting, or at least attempting to connect with the reader's emotions, (2) writing from a specific point of view, organizing the text around a narrative structure which shapes how the reader interacts with the content and using imaginative and or descriptive language. Please bring your favorite notebook, pencil and enjoy this great opportunity

TERRI'S CARD MAKING AND STAMPIN'! — Tuesday, September 17 @ 10:00 am—Come join new artist, Terri Valentine and learn to make one of a kind cards using stamps! Registration required. Cost: \$2.00



PHOTOGRAPHY — Join photographer Pam Hadden **Wednesday, September 18 @ 10:30 am**. Be sure to bring you cell phone or any other photo device you would like.

FALL PREVENTION — Join Kayla White, Albemarle Commissions, Aging Programs Specialist, **Wednesday, September 18 @ 10:30 am**, for a fall prevention presentation.

SEPTEMBER 2024—SCHEDULE CONTINUED...

SEW MUCH FUN! — Angela Ermi and Merry Greene will lead in an opportunity to sew **Thursday, September 19, @ 1:00 pm.** Some thread and fabric and sewing tools are provided. Please register for this great time of sewing and fellowship by September 12. Sewing machines are needed; however, not required. Costs: \$4.00.



SOAP MAKING — Monday, September 23 @ 10:30 am—Join NC State Extension's Sarah Sowders, for an all around clean time. Sara will share the history of soap, proper methods for making and storing soap, and much more! Class limited to 10. Cost: \$5.00

SHRED & SHIELD: PROTECT YOURSELF FROM FRAUD & SCAMS — Tuesday, September 24 @ 10:00 am — Learn more about how to protect yourself from scam and fraud from trusted experts. A shred truck will be on-site to shred all of your “personal information” until 1:00 pm.

WII GAME STATION — Wednesday, September, 25 @ 10:30 am— Come enjoy a popular video game, features a wireless motion sensing controller, with games like tennis, bowling & golf to name a few. Come inside and stay active with fun, fellowship and staying active.

WATERCOLORS — Thursday, September 26 @ 1:00 pm—Come join new artist, Terri Valentine, and expand your creative expression by learning how to paint with watercolors! Cost:\$5.00

CHOWAN COUNTY FAIR — Thursday, September 26 - leaving the center 3:30 pm—Join us as we take a trip to the 78th Annual Chowan County Regional Fair. Can drive separately, but be sure to sign up! Senior Day 60+ free admission, under 60 admission \$8.00. Transportation Cost: \$3.00. Return by 8.00 pm.

SIGNS/AWARENESS MENTAL HEALTH — Thursday, September 30 @ 10:30 am— Gabrielle Corprew, Albemarle Regional Health Educator, will take a deep dive into mental health and its presence in our everyday lives during National Suicide Prevention and Mental Health Awareness Month. We will discuss why mental health is important, learn when we may need to seek help, and create strategies to help us feel better on the days we're not 100%.

Choir Schedule



Thursday, September 5	Practice @ Senior Center 1:00 pm
Sunday, September 8 — leave center @ 5:30 pm	Sing 6:00 pm at New Hope Church
Thursday, September 12— Meet at Story's Seafood @12:15	Sing 2:00 pm at the Landings of the Albemarle (drive separately)
Thursday, September 19— Leave center at 12:15 pm	Eat at Panera Bread, Sing 2:00 pm at Laural Park
Thursday, September 26— Leave center at 11:30 pm	Eat at Wendy's, Sing 1:00 pm at Primetime



Center Staff:

LuRee Sawyer

Bert Gordon

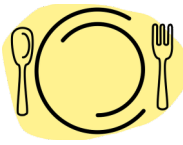
Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



*Meals on Wheels
Volunteers needed!*



Are you looking for a fun, easy and rewarding way to serve others?

Home Delivered Meals Volunteers are the **ONLY** reason we are able to serve our Perquimans County home bound seniors with meals throughout the week.

Volunteers play a key role in providing seniors, not only with a meal, but much needed socialization and **smiles!**

There is flexible scheduling to meet our volunteers' needs.

Perquimans Center for Active Living

252-426-8309

Jenny Coppersmith, Nutrition Manager

CONGREGATE MEALS

Meals are served daily **Monday through Friday @ 11:30 am.**

****Meals must be pre-ordered by noon each day for the following meal.***

All Perquimans County members 60 years of age and better are invited to join us for dine-in nutrition. Complete your application today by contacting:

Jenny Coppersmith

252-426-8309

Office hours: **9 am to 1 pm.**

Donations are needed and accepted

Special Note:

Inter County Public Transportation provides services to all ages! (Fees may apply) ICPTA services are intended to transport the public to nutrition sites, medical appointments, and other locations in order to access services or attend activities related to daily living, while promoting quality of life. **ICPTA 252-338-4480**

To receive transportation to our nutrition site, please call **Jenny Coppersmith, Nutrition Manager** (252-426-8309)

Did You Know...

You Must be 50 years or older to join the fun at the Center for Active Living!

You Must be 60 years or older to participate in congregate Meal.

Our goals are for everyone to have great fellowship, feel welcomed, to participate and enjoy fitness opportunities and fun here at the Center!

Don't be a target of healthcare fraud!

Treat your medicare, Medicaid, and Social Security numbers like a credit card number. Never give these numbers to a stranger. Remember, Medicare doesn't call or visit to sell you anything!

Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes!