



**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)



## **Brain Health & Alzheimer Awareness**

**June 2, 2025 @ 10:30**

### **Take Control:** **Your Fun & Fresh Path** **to Better Health!**

Join **Sarah Sowders**, Cooperative Extension's Family and Consumer Science Agent, for this exciting, 8-session journey to feeling your best!

Each 1-hour session is filled with hands-on fun cooking demos, the discovery of delicious, healthy recipes, and nutrition tips that actually fit into your life. Plus, you'll set goals, track progress, and celebrate small wins along the way!

**Begins June 9, 2025**  
**@ 10:30am**

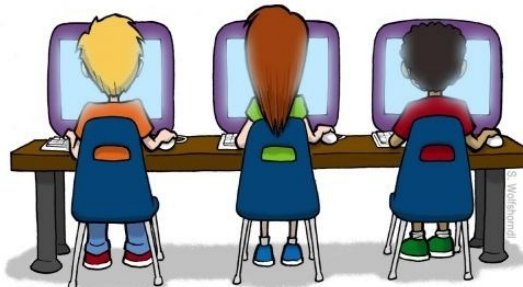
## **Digital Skills Classes** **Coming Soon...**

**You've been asking for it,  
and now it is here!**

**Begins August 11, 2025 @ 10:30 am**

Do you want to learn the basics of smartphones, computer skills, and Microsoft Word? How about how to utilize online healthcare or how to identify trusted online information? See the next page for more information on upcoming topics.

Join **DaChelle Gupton**, ECU Community Engagement Coordinator, for this 8-module digital skills learning opportunity!



## **June 15<sup>th</sup>** **World Elder Abuse** **Awareness Day!**

Wear purple and help us raise awareness about the abuse and neglect faced by elderly individuals.



HAPPY  
*Father's Day*  
—  —  
**June 15<sup>th</sup>**

**YARD SALE**

**June 21, 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**

### **BILTMORE ESTATE IN ASHEVILLE, NC**

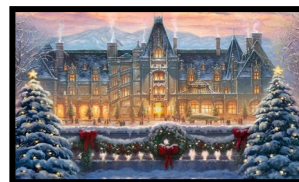
**December 10—December 12, 2025**

*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](http://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 \$369.0 (per person - double occupancy) or \$469.00 (if single occupancy) is due October 1, 2025.



### **LONDON ENGLAND & COUNTRYSIDE**

**April 7—April 14, 2026**

*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](http://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 **Now**.

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.



**For Information and/or Reservations, Please Contact: LuRee Sawyer @ (252) 426-5404**

## **Upcoming Digital Skills Topics**

### **Module 1: August 11<sup>th</sup>**

#### **Basic Computer Skills**

Teaches participants how to navigate devices, create an email account, and how to use a word processing software

### **Module 2: August 18<sup>th</sup>**

#### **Online Safety and Privacy**

Teaches participants how to recognize and report scams and create strong passwords

### **Module 3: August 25<sup>th</sup>**

#### **Finding Trusted Information Online**

Teaches participants how to evaluate information and find trusted sources online

### **Module 4: September 8<sup>th</sup>**

#### **Using Healthcare Online**

Teaches participants about telehealth and how to access or create a patient portal

### **Module 5: September 15<sup>th</sup>**

#### **Smartphone Basics**

Teaches participants how to navigate smartphones, download apps, and use various communication tools

***More modules to come!***



## **JUNE 2025 — SCHEDULE**

*Review our monthly calendar for more regular scheduled activities!*

**COMMUNITY GARDENING** — **Wednesdays @ 8:30 am**— Experience working together and enjoying the benefits of gardening and developing friendships, followed by fellowship! Stop by and help us water the garden anytime!

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



**TAKE CONTROL: YOUR FUN & FRESH PATH TO BETTER HEALTH** — Join **Sarah Sowder**, Cooperative Extension's Family and Consumer Science Agent, and take control of your health! This exciting, 8-session journey is designed to help you stay ahead of chronic disease and is packed with simple, practical strategies to boost your energy, improve your eating habits, and get you moving in ways that feel great. You'll get hands-on with fun cooking demos, discover delicious, healthy recipes, and walk away with nutrition tips that actually fit into your life. Class will be held: **Every Monday starting June 9 @ 10:30 am and ending July 28 @ 10:30 am**. Register Today!

**BRAIN HEALTH & ALZHEIMER'S AWARENESS** — **Monday, June 2 @ 10:30 am**—Worldwide, there are more than 55 million people living with Alzheimer's or another form of dementia. Wear purple and join **Gabrielle Corprew**, Local Regional Health Educator, as we spread awareness, share information about early signs and symptoms, and learn how to understand those living with these diseases.

**VIRGINIA ZOO** — **Tuesday, June 3** —departing at **8:30 am** —Explore the wild side of nature at the Virginia Zoo in Norfolk! Registration Closed.

**EMS VITALS** — **Wednesday, June 4 @ 10:30 am**—Our local EMS team will be available to check your blood pressure and vital signs.

**HANDBELLS**—Come join us as **Penny** leads handbells on **Wednesday, June 4 @10:30**.

**SOUL/R&B LINE DANCING** — Get ready to groove! Join **Reta Blair**, **Thursday, June 5 @ 8:30 am** and exercise while having fun, socializing, and enjoying the music!



**ROCK PAINTING**—Participate in this opportunity on **Thursday, June 5 @ 9:00 am** to paint rocks with friends to share in your community.

**WEAAD WALK** — **Thursday, June 5**, departing **@ 9:15 am**— Join us as we attend the 10th Annual World Elder Abuse Awareness Day (WEAAD) Walk. The walk will begin at the Pasquotank County Courthouse and end at Mariner's Wharf Park. Exhibitors and speakers on a variety of topics will be onsite. Wear purple to show your support! Registration Closed.

**MORRIS & GRANDY FARM MARKET** — **Tuesday, June 10**, departing **@ 8:30 am**—Travel with us to Currituck County as we visit two local farm markets: Morris Farm Market and Grandy Greenhouse & Farm Market. While out shopping, we will enjoy lunch at Belcross Biscuit Company. A transportation fee of \$3.00 is due upon sign-up.

**ACRYLICS** — Join **Terri Valentine** on **Thursday, June 12 @ 9:00 am** and unleash your creative side through acrylic painting. Class Size is limited! Registration is required! Cost: \$5.00

**BLING IT ON!** - **Stella Faye Correia** will lead this opportunity on **Thursday, June 12 @ 1:00 pm** to create and design your own bracelet using various beads and other embellishments. Registration is required, limited to 5. Costs: \$5.00

**DAY FOR DADS** — Join us on **June 13 @ 1:30 pm** and enjoy a game or two of horseshoes, cornhole, bocce and more! We will have a tasty treat for all the dads, grandfathers, and father figures who attend. Register Today!





## JUNE 2025 — SCHEDULE CONTINUED



**FATHER'S DAY** — **Sunday, June 15, 2025** — Happy Father's Day to all the dads and father figures! May your day be filled with love, laughter, and appreciation!

**STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS** — **Monday, June 16 @ 1:30 am** — Join **Bradley Yates**, Digital Navigator with Albemarle Commission, for a digital navigator workshop! This month's topic is smartphone settings. Register today!

**TERRI'S CARD MAKING AND STAMPIN'** — **Tuesday, June 17 @ 10:00 am** — Join **Terri Valentine** in making one-of-a-kind cards using stamps! Class size is limited. Registration Required!

**ADVANCE CARE PLANNING** — **Ellie Ward**, BSN, RN, will be here **Tuesday, June 17 @ 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.

**CRAFT WITH PENNY** — **Thursday, June 19 @ 9:00 am** — **Penny** will lead us in a paint-pouring class with flower pots. Registration is required, limited to 8. Costs: \$5.00

**SEW MUCH FUN** — **Thursday, June 19 @ 1:00 pm** — Same class, new focus! Whether you are new to sewing or more advanced, this class has something for you! Join **Angela Ermi** and sharpen your sewing skills while sharing ideas with others. Pre-registration required!

**YARD SALE** — One man's trash is another man's treasure! Come join us **Saturday, June 21 from 8:00 am—Noon** and shop for hidden treasure and amazing deals!

**LET'S GO SHOPPING** — **Tuesday, June 24**, leaving the Center **@ 9:00 am** — Take a trip with us to the Lynnhaven Mall and shop 'til you drop! It will surely be a day of fun and fellowship! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**3 AMIGOS & NU-QUALITY ICE CREAM** — **Thursday, June 26**, departing **@ 11:00 am** — Are you hungry? We sure are! Come along as we travel to 3 Amigos for lunch, followed by Nu-Quality Ice Cream for a sweet treat. A transportation fee of \$3.00 is due upon sign-up.

**BOW MAKING** — Tired of spending money on expensive bows? Join **Penny** on **Friday, June 27 @ 9:00 am** and learn the art of creating affordable, yet magnificent handmade bows. Registration Required. Registration Required, limited to 8. Costs: \$8.00

**PHOTOGRAPHY 101** — On a break...See you in September!

### Did You Know?

No other month in the year begins on the same day of the week as June.



### Center Staff:

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



### Choir Schedule



Riddle Me This... ????

I love to dance and twist. I shake my tail as I sail away. When I fly wingless into the sky. What am I?

A Kite

Thursday, June 12 —  
Leaving the Center @ 12:15 pm

Eat at Dairy Queen  
Sing @ 2:00 pm at the Edenton House

*The choir will be on a break for the remainder of June, July, and August.*

