



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



July 2025 Newsletter

Hurricane Preparedness

August 4, 2025 @ 10:30 am
 Ready or not...

Hurricane Season is here!

Join our local EMS team as they share:

- Tools to stay safe and confident during hurricane season
- The importance of early planning
- How preparation reduces stress and ensures better outcomes during emergencies



Help us grow!

Our community garden needs some love. We are looking for volunteers to help with watering and upkeep. If you are interested in lending a hand today, please let a staff member know!
 Every little bit help!



*Independence Day
 Celebration*

ICE CREAM Social



Join us on
Wednesday
July 2, 2025
2:00 pm



A big **CONGRATULATIONS**

to all who participated in the Albemarle Seniors Performing Arts Showcase and Silver Arts Show, especially those who placed!
 You are all winners in our eyes!

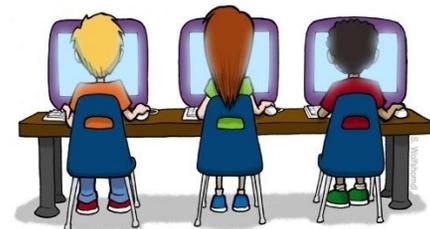
Digital Skills Classes Coming Soon...

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

Begins August 11 @ 10:30 am

Do you want to learn the basics of smartphones, computer skills, and Microsoft Word? How about utilizing online healthcare or identifying 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!



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

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

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 11th

Basic Computer Skills

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

Module 2: August 18th

Online Safety and Privacy

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

Module 3: August 25th

Finding Trusted Information Online

Teaches participants how to evaluate information and find trusted sources online

Module 4: September 8th

Using Healthcare Online

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

Module 5: September 15th

Smartphone Basics

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

More modules to come!



JULY 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

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!

COMMUNITY GARDENING — **Wednesdays @ 8:30 am**— Experience working together and enjoying the benefits of gardening and developing friendships, followed by fellowship! Please 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!

STITCHES OF COMFORT—Join us for a special 4-session project to create handmade quilts for residents in our local assisted living facilities. Your time and heart can make a difference—one stitch at a time. Class will be held: **Tuesday, July 1 @ 9:00 am, Thursday, July 10 @ 12:00 pm, Thursday, July 24 @ 1:00pm, 4th Session TBA.** Please bring your own sewing machine. Registration is required, limited to 5.

MUSEUM CAFÉ— **Tuesday, July 1 @ 1:00 pm**—Savor a freshly brewed cup of coffee while exploring the history of the place we call home! This session’s topic is “Corolla's Wild Horses.”

EMS VITALS — **Wednesday, July 2 @ 10:15 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, July 2 @10:30.** When we ring together, harmony happens!

INDEPENDENCE DAY CELEBRATION ICE CREAM SOCIAL — Join us for a sweet celebration of freedom on **Wednesday, July 2 @ 2:00 pm.**

BLING IT ON! - **Stella Faye Correia** will lead this opportunity on **Thursday, July 3 @ 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

INDEPENDENCE DAY — The Center will be **CLOSED** on **Friday, July 4, 2025**, in celebration of Independence Day. We wish you a safe and happy holiday!

TIE DYE — **Tuesday, July 8 @ 9:00 am**—Give your favorite white T-shirt a splash of color under the guidance of tie-dye specialist **Carrie Brueckner**. Participants must bring their own white t-shirt to dye. Class size is limited. Registration Required! Costs: \$3.00



ACRYLICS — Discover the joy of painting with acrylics with **Penny** on **Thursday, July 10 @ 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 required! Cost: \$5.00

HORSESHOES— Come join us on **Friday, July 11 @10:00 am** for a morning full of laughter, classic fun, and horseshoes!

MOVIE— **Tuesday, July 15, departing @ 10:30 am**—Travel with us as we go see “Superman” in 3D on the big screen. Prior to the movie, we will enjoy lunch at Currituck BBQ. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

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

You throw away the outside and cook the inside, then eat the outside and throw away the inside? What is it?

Corn on the cob



JULY 2025 — SCHEDULE CONTINUED...

STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS — Wednesday, July 16 @ 10:30 am — Have smartphone questions? Join **Bradley Yates**, Digital Navigator with Albemarle Commission, for a helpful Q&A session all about smartphones!

SEW MUCH FUN — Thursday, July 17 @ 1:00 pm—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!

CORNHOLE— Friday, July 18 @ 10:00 am—Come out, make new friends, and enjoy a classic game of cornhole!

LET'S GO SHOPPING — Tuesday, July 22, leaving the Center @ 9:00 am— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship at the Norfolk Premium Outlets. From fashion finds to food court favorites, there is something for everyone to enjoy. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

TERRI'S CARD MAKING AND STAMPIN'! — Tuesday, July 22 @ 10:00 am — Join **Terri Valentine** and enjoy creating a truly unique, personalized greeting card using stamps, ink, papers, and more! Class size is limited. Registration Required!

MUSEUM CAFÉ— Thursday, July 24 @ 1:00 pm—Savor a freshly brewed cup of coffee while exploring the history of the place we call home! This session's topic is "Beekeepers of the Albemarle".

CORNHOLE— Friday, July 25 @ 2:00 pm—Come out, make new friends, and enjoy a classic game of cornhole!

BOCCIE & SHUFFLEBOARD—Join us on Tuesday, July 29 @ 10:00 am for a morning of fellowship, bocce, and shuffleboard.

HOMETOWN ADVENTURE—Thursday, July 31, departing @ 12:15 pm— Travel with us as we enjoy a delightful afternoon of discovery as we journey to the Four Corners Store. We will also be stopping at another local gem along the way! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

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

Did You Know?

In 1984, President Ronald Reagan designated July as National Ice Cream Month!



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

The choir will be on a break for July and August.



July is UV Safety Awareness Month!

Protect yourself from harmful UV Rays

Wear Protective Clothing



Apply Sunscreen



Wear Sunglasses

