



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)



## September 2025 Newsletter

### Floatin' into Christmas!

It's time to start planning our Christmas Float for this year's Hertford Christmas Parade!

This Year's Theme:  
1775 Old Fashioned Christmas

If you are interested in participating, sign up TODAY!

### Shred & Shield: Protect Yourself from Fraud & Scams

September 16, 2025

Join us and learn to protect yourself and loved ones from scams and fraud. Get updates on local scams, understand your Medicare benefits, and learn how to protect them!

#### Speaking Event

10:00 am—11:30 am

#### Shred Truck

10:00 am—1:00 pm

*\*Bring your documents to be destroyed\**



Text "PerqES" to 99411  
to enroll or visit  
[www.PerquimansCountyNC.gov](http://www.PerquimansCountyNC.gov)  
and click enroll in Code Red.

Voluntary Special Needs?  
See Staff to Register

### Interested in Playing Chess?

If you are interested in discovering the game of chess here at the Center, please stop by an inform a staff member!



### Powerful Tools FOR Caregivers

#### 6-Week Class

Begins Wednesday  
September 3, 2025

9:30 am— 11:00 am

### Flu Vaccine Clinic

October 8, 2025

9:00 am –12 Noon



Don't let the flu spoil your fall fun! Join our local Family Care Pharmacy to receive your flu shot.

Please Register by October 1, 2025

*\*Charges may apply. Please bring your Medicare/Insurance card.*

### The Rudy Theater CLASSIC COUNTRY JUBILEE

October 16 , 2025

Departing @ 8:15 am

Cost:  
\$30.00



*\*Registration/Payment due by September 9, 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.



## **Upcoming Digital Skills Topics**

### **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

### **Module 6: September 22<sup>nd</sup>**

#### **iPad and Hotspot Basics**

Teaches participants how to navigate and use iPads and hotspots

### **Module 7: September 29<sup>th</sup>**

#### **Smartphone Intermediate**

Teaches participants how to navigate smartphone settings, organize apps, and use productivity tools

### **Module 8: October 6<sup>th</sup>**

#### **Microsoft Word Basics**

Teaches participants how to navigate Microsoft Word, create documents, format text, save, and print documents

**Please bring your own device to learn on!**

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



## SEPTEMBER 2025 — SCHEDULE

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

**DIGITAL SKILLS**— Join **DaChella Gupton**, ECU Community Engagement Coordinator, for this 8-session digital skills learning workshop designed to help you expand your confidence using technology. Each session will cover a different topic. From basic computer skills to using healthcare online, this workshop has something for you! Class will be held: **Every Monday ending October 6 @ 10:30 am.**



**LABOR DAY**—The Center will be **CLOSED** on **Monday, September 1, 2025**, in observance of Labor Day.

**POWER HOUR**—Join Certified Fitness Instructor, **Amy Tinsley** on **Tuesday, September 2 @ 9:30 am**, in the gym and participate in an hour packed with guidance, support, and motivation! ***This class will be held the first Tuesday of every month.***

**AQUARIUM**— Travel along with us to the North Carolina Aquarium on Roanoke Island on **Tuesday, September 2**, departing **@ 8:30 am**. We are sure to have a relaxing and educational day exploring the wonders of marine life! Registration Closed!

**POWERFUL TOOLS FOR CAREGIVERS** — Begins **September 3 @ 9:30 am** — Join **Ashley Lamb** and **Kayla White** with Albemarle Commission for an education program designed for the non-professional, informal caregivers, and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country. Limited Space: Register with Center Staff today!

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



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

**YOGA**— Join Certified Yoga Instructor, **Amy Tinsley**, for this 8-week session yoga journey designed just for you. Each class offers gentle movements, mindful breathing, and plenty of encouragement to help you feel your best. September classes will be held on **September 9 @ 9:30 am**, **September 16 @ 8:30 am**, **September 23 @ 9:30 am**, and **September 30 @ 9:30 am**. Please bring your yoga mat; a limited number of blocks and straps will be available for use during class.



**ADVANCE CARE PLANNING**—**Ellie Ward**, BSN, RN, will be here **Tuesday, September 9 @ 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.

**COMMUNITY GARDENING** — **Wednesday, September 10 @ 9:00 am** and **September 24 @ 9:00 am**—Let's wrap up the season together! Join us as we prepare our community garden for the upcoming colder months.

**SLEEP & AGING**— Join Local Albemarle Regional Health Educator, **Gabrielle Corprew**, on **Monday, September 10 @ 10:30 am**, and explore why quality of sleep is so essential.



**ACRYLICS** — Discover the joy of painting with acrylics with **Faye Correia** on **Thursday, September 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 required! Cost: \$5.00

**OUTER BANKS KITE FESTIVAL**— **Friday, September 12**, Departing **@ 9:00 am**— Come watch some of the nation's most talented kite fliers soar through the skies! We will enjoy lunch on your own at the Jolly Roger. Registration is required, with a limit of 14. A non-refundable transportation fee of \$3.00 is due upon sign-up.

**SHRED & SHIELD: PROTECT YOURSELF FROM FRAUD & SCAMS**—**Tuesday, September 16 @ 10:00 am**—Learn more about how to protect yourself from scams & fraud from trusted experts. A shred truck will be on-site to shred all your "personal information" **until 1:00 pm**.





## SEPTEMBER 2025 — SCHEDULE CONTINUED

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

**CRAFT W/ PENNY**— **Thursday, September 18 @ 9:00 am**—Design and create a beautiful, Floral Arrangement made from pine cones with the guidance of Penny! Class size is limited! Registration is required! Cost: \$3.00

**GONE FISHIN' GETAWAY**—**Friday, September 19**, departing @ **7:00 am**— Join us as we head to the Chowan Fishing Pier for a “reel” fun day of fishing. Bait and snack provided. Don't forget to pack your own fishing pole, chair, and sunscreen! **MUST** present a fishing license at the time of sign up! Trip fee of \$3.00 is due upon sign up.

**LET'S GO SHOPPING** — **Tuesday, September 23**, leaving the Center @ **9:00 am**— Grab your friends and get ready for a fabulous day of local thrift shopping, laughter, and fellowship. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**WATERCOLORS**—Join local artist **William Hoffman** on **Thursday, September 25 @ 9:00 am** and discover the joy of painting with watercolors. Class Size is limited! Registration is required! Cost: \$5.00

**SEW MUCH FUN**—**Thursday, September 25 @ 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. Register Today!

**CHOWAN COUNTY REGIONAL FAIR**—**Thursday, September 25**— departing @ **3:30 pm**— Join us for Senior Night at the 79th Annual Chowan County Regional Fair. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**PÉTANQUE**—**Thursday, September 26 @ 9:00 am**—Join us as we learn to play pétanque! This fun and social French game is fun for all skill levels!

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, September 30 @ 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!

Riddle Me This...???

I'm a tall plant with a sunny face, that bow in the fall. My seeds are snacks enjoyed by all! What am I?

A Sunflower



### Did You Know?

September is National Honey Month in the United States



### Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Nutrition: Jenny Coppersmith



### Ingredients

- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin or chili powder (or combination)
- 2 (15-ounce) cans black beans, rinsed and drained
- 2 cups chicken broth or water
- Salt and pepper to taste
- Plain yogurt or low-fat sour cream for topping

### A Pinch of Sarah Black Bean Soup

Recipe provided by Sarah Sowders with Ag Extension

### Directions

1. Sauté the onion in olive oil in a large pot over medium-high heat.
2. After 2 minutes, add the cumin or chili powder.
3. Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally.
4. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree.
5. Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly.
6. Taste and add salt and pepper as needed. Serve topped with yogurt or low-fat sour cream.