

PERQUIMANS COUNTY SENIOR CENTER

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

Operating Hours: 8am - 5 pm Monday - Friday

Phone: 426-5404, e-mail: seniorcenteroffice@perquimanscountync.gov

Website - pcseniors.org

Staff: Beverly Gregory, Penny Trueblood, Bert Gordon, Nellie Sawyer

August, 2019

Regularly Scheduled Activities

AFTERNOON GAMES- Games are on the calendar scheduled for afternoons. You may play at other times if you have a group to play and there is space available.

BILLIARDS - A Billiards Tournament is open for registration and scheduled for **Tuesday, August 13th, 2019** beginning at 9:30am. Entry fee is \$2.00. Participants are eligible to win once in four months. * All other days the game room is open 8am to 5pm. Please register for participation by Friday, August 9th. Sixteen Participants per tournament. * **Monday, August 12th** the Game Room will be closed for Basic Billiards Class from 1-3pm.

BINGO- Bingo is played each Wednesday from 2pm until 4pm with at least 6 players. No charge to play. Small prizes awarded. Bring a snack about once a month to share with fellow players. We have a snack break at 3pm for 15 minutes.

BIRTHDAY CELEBRATION - August birthdays will be celebrated on Wednesday, August 7th, right after lunch about 12:15pm. Please let us know if you are a August birthday person. We celebrate with cake and ice cream.

BOWLING - The seniors bowl on Tuesdays starting at 1pm at Albemarle Bowling Lanes in E.City . Cost is \$2.50 per game.

CHOIR - August 1st the choir will have practice at the Center at 1pm. August 8th the choir will depart at 12:15 pm for lunch at Chick-Fil-A and singing with Daybreak at 2pm; August 15th, the choir will depart at 12:30pm for lunch at Chicken Kitchen and singing with Chowan River Rehab at 2pm; August 22nd the Choir will depart at 12:30 pm for lunch at Wendy's and singing with the Edenton House at 2pm; August 29th the choir departs at 12:15pm for lunch at Bo jangles and singing with the Benjamin House at 2pm. Thank you choir members! New Members are welcome.

COMPUTER STATIONS- We have 4 computers for you to use. Please no food or drink in this area. Open Monday - Friday, 8:30 am until 4:30 pm.

CONGREGATE MEALS: Meals are served Monday through Friday@11:45am. You must sign up for your lunch by noon the day preceding the date you attend. All Perquimans County members 60 years of age and better, are invited to join us for nutrition. If you have not yet attended and would like to join in this wonderful meal and great fellowship, please see Nellie Sawyer to complete your application. Office hours: 9am-1pm 426-8309. Donations are needed and accepted!

EXERCISE CLASS- This low impact exercise class is scheduled for Monday, Wednesday and Friday starting at 10am. You must have a wavier and registration form on file in order to participate.

FITNESS ROOM- The Fitness room is open 8:30 am until 4:30 pm, Monday - Friday. You need a registration and waiver on file in order to use the equipment.

GAME ROOM - We have 3 billiards tables, Table Tennis tables, as well as, Darts available in this room. Open Monday - Friday, 8am-5pm.

LINE DANCING- A Beginners Line Dancing Class is held at 8:15 each Wed morning and is followed with morning line dancing class at 8:45 am with Paula. The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell. Donations accepted.

OUTDOOR GAMES: Shuffleboard, Bocce, Croquet, Horseshoe, Cornhole and more! All of these games are available for you to enjoy outdoors weather permitted.

PICKLEBALL- This game is played at the Rec Center on Tuesday and Thursday starting at 9:30 a.m. You may call 426-5695 to be sure there are others there to play.

ROOK: Let's play Rook. The first Monday of each month! We need at least four to play at each table and two tables makes it even better!

ROOK, PHASE 10, RUMMIKUB, TUCK & CANASTA- All these games are available here to play or bring your own.

T'AI CHI CLASSES- Harriet Marquit is the instructor for the T'AI CHI class on Tuesday afternoons starting at 3pm. Donations accepted for this class. This is a wonderful program with slow movements and breathing exercises. Please come and join us.

VAN TRIP - This month's van trip will be on **Tuesday, August 6th**. We will travel to Lynnhaven Mall in Virginia, departing at 9am and returning around 4pm. \$3.00 per person .Please make your reservation by Monday, August 5th.

YARN CORNER- Each Tuesday we gather to knit and crochet starting at 1pm. We share ideas and projects. We show and tell.

YOGA CLASSES - Harriet Marquit will lead Yoga, Friday, August 2nd, August 16th and August 30th at 3pm. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, August 13th and 27th at 2pm. \$5.00 Session Fee. Ms. Elliott will lead this aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music for a minimum class of eight to ten members.

ORGANIZATIONS

ALZHEIMER'S/DEMENTIA SUPPORT GROUP- This support group meets on the 2nd Monday of the month in the library of the Hertford United Methodist Church starting at 1pm. For more information call Lynne Raisor at 426-5753, ext 226.

Home Meds Medication Management: Home Meds is a medication review program that is conducted in the client's home. It looks for common medication errors in older adults. If you can benefit from this program please call NCBAM's Call Center (877-506-2226) for more information or to schedule a free screening and medication review or contact Albemarle Commission Area Agency on Aging for any other questions. 252-426-5753.

STROKE SURVIVOR SUPPORT GROUP: Vidant Chowan Hospital hosts a stroke support group the third Tuesday of each month at 2:30pm in the Chowan Senior Center, 04 E Church Street, Edenton, NC. This opportunity is available to stroke survivors and caregivers. Please join them for inspiration and fellowship. No Need to RSVP; however if you have questions please contact Jacki or Jordan with phone number 482-6767.

TOPS(Take Off Pounds Sensibly) -TOPS is a weight loss group and meets each Thursday with weigh in at 9:30 and the program starting at 10am. New members are welcome.

RED CROSS BLOOD DRIVE: *Thursday, August 8, 2019 from 2-6pm. Perquimans County Recreation Center.*

SPECIAL ACTIVITIES

BLOOD PRESSURE AND VITAL SIGNS: *Wednesday, August 7th from 10:30am until noon.* Members of our very own Perquimans County Emergency Services will be available to check your blood pressure and vital signs.

HORSESHOES: *Thursday, August 8th 10:00am-11:30am.* Horseshoes is a lawn game played between two people (or a team) using four horseshoes and throwing them to a target in a sandbox area. Come learn and play this game.

FRESH MARKET PRODUCE: *August 9th&30th-11am-12:30pm* Use your vouchers or shop with local farmers!

BASIC BILLIARDS WITH BOBBY: *Monday, from 1-3pm. August 12th.* Come and learn billiard sports, played with a cue stick used to strike billiard balls and thereby cause them to move around a cloth-covered billiards table bounded by elastic bumpers known as cushions. *Please register by August 9th.* The Game Room will be closed for this lesson. Couples and singles are invited and class size is limited to eight (8). We need four to play.

FISHING: *Tuesday, August 13th 8-11:00am.* Let's go fishing. The van will carry 13 and we can join others at our Community Center and fish on the river. Poles and bait are provided. You must register by *Friday, August 9th* to qualify under the license waiver and receive a pole and bait.

THE HERTFORD HOUSE: *Wednesday, August 14th 11:00. Hotdogs and Chips!* You must register *by Monday August 12th* for hotdogs and chips, otherwise come join us for a time of information regarding The Hertford House. Ms. Robin Waller will answer those questions you have regarding this new opportunity for independent living and assisted living located here in Hertford.

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! *Thursday, August 15, 2019 9am.* This is an opportunity to paint Friendship Rocks with a friendly face or inspirational message to keep for yourself or share in our community. Please register by Monday, August 12th.

WALK WITH PENNY: *Thursday, August 15th, 9am,* weather permitting, join Penny in a walk outside!

HEARING SCREENINGS and PRESENTATION: *Wednesday, August 21st, 11:00am.* Christina Strickland will provide information regarding hearing from the NC Division of Services for the Deaf and Hard of Hearing at 11:00am. Ms. Desiree Beason will provide hearing screenings from 11:30am through 12:30pm or a little longer if needed. Register by August 16th for this exciting opportunity if you planned to participate in the screening. Limited to six per hour.

NATIONAL SENIOR CITIZENS DAY! *Friday, August 21st, 12:30pm* please join us for sweet treats, prizes, fellowship and activities as we celebrate National Senior Citizens Day! *President Ronald Reagan proclaimed the first National Senior Citizens Day in 1988. In his explanation he wrote that, "Older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation.*

CROQUET: *Thursday, August 22nd 10-11:30am.* Croquet (croquêt) is a sport that involves hitting wooden or plastic balls with a mallet through hoops embedded in a grass playing court. Join in the fun and fellowship

GRIEF SUPPORT: *Thursday, August 22nd, 2-3pm* Ms. Cheryl Banks with Albemarle Hospice Will host *One Step at a Time.* If you don't feel like seeing your friends, can't keep up with your normal routine, been through a lot lately, possibly with the passing of a spouse or friend, have received challenging news regarding your health, but you're strong and a trooper,

and you wonder sometimes if it might help to talk to someone? ...join us **August 22nd at 2pm** for the First Step. Please register by **August 16th**.

NIGHT OUT: **Thursday, August 22 - leaving the Center at 4:30pm** and traveling to Nothin Fancy in Edenton for dinner and fellowship. Please make your reservation with us by Friday, August 16th.

SHOW & TELL: **Friday, August 23rd at 11am**. Come share with us your special memory, special keepsake or other journey down memory lane. We will offer this to two people that register for up to 15 minutes for their "moments." We will continue this opportunity as shown by participation. Registration by August 19th.

CAMPING, HIKING, KAYAKING, BIKING? **Friday, August 23rd at 1pm** ****Are you interested in and/or enjoy camping, hiking, biking or kayaking? Please join usto make plans to experience these adventures together.****

DOODLES & DOTS: **Tuesday, August 27th 10am**. Robin Copeland with Doodles and Dots will lead in acrylic painting. \$10.00 cost to cover supplies. Register by Tuesday, August 20th.

HISTORY WITH PHIL: Wednesday, **August 28th, 11am** Come and learn exciting History, Part Three with Phil!

KAYAKING: **Thursday, August 29th at 8am** join us as we travel to Kitty Hawk for a 1.5 to 2 hour kayak adventure. Cost is \$48.00 per person. Please register by August 15th.

BOCCE: **Friday, August 30th 1:00-2:30pm** Weather permitting join us for this Italian lawn bowling! Come learn, play and or just for fellowship!

SATURDAY NIGHT SOCIAL: **Saturday, August 31st from 6-9pm**. Bring a covered dish and join us for dinner, fellowship and indoor games.

AFRICAN AMERICAN HISTORIC TOUR: **Tuesday, September 10th** Leaving the Center at 9:15am. Tour begins at 10am. Cost \$2.50 per person. This guided tour will focus on African American Life in Edenton starting in the days before emancipation and ending during the quest for civil rights. The tour will also focus on prominent black leaders, businessmen, and educators from both Edenton and the surrounding Albemarle Region. Expected tour time is one hour. You will be guided by golf cart or van. Limited walking. We will stop for lunch at one of your favorite places before returning to the Center! Please register by Wednesday, September 4th.

NEWBOLD-WHITE HOUSE HISTORIC TOUR: **Tuesday, September 17th, 10am. \$5.50** The Newbold-White House is a historic house in Hertford and the oldest house in North Carolina that is open to the public. This brick house was built in 1730 by Abraham Sanders, a Quaker who purchased the property in 1726.

BODY KINECT WELLNESS CENTER: Ms. Tami Richards, many of us met at the May Health Fair hosted at the local Community Center, will join us on Monday, September 23rd at 11:00am and as requested by many who met her, lead us in Improving Balance and Posture.

SAVE THE DATE!

FIRST AID: **First Aid Class, Thursday, September 26th 9-11am.**

AARP DRIVER SAFETY CLASS: **Tuesday, October 15th 8:30am. Details to follow in September.**

FIRE EXTINGUISHER TRAINING & EDUCATION: **Thursday, October 17th, 9:30-11:00.**

CARFIT: **Friday, October 18th 9:30-12:30am.**

UPCOMING ADVENTURES!

SIMPLY NATURAL CREAMERY: Tuesday, September 24th! Leaving the Center at 9am to enjoy an exciting and educational tour of the Creamery which includes, Hay Ride, Tour of Milking Barn and Cow Lounging Barn, Milk Processing and Packaging Room, Milk a stimulated Milking Cow! and sample ice cream. Tour begins at 1pm and extends one and one-half hour. \$10.00 per person for travel and entry. We will have lunch at the Mayflower Restaurant at 11am prior to arriving at the Creamery. Make your reservation by September 13th.

NC STATE FAIR: We will travel with 12 interested members to the State Fair, October 22nd. Make your reservation now! We will leave the Center at 6:30am. Seniors have free admission and are treated to a Bo jangles breakfast at the Dorton Arena from 9:30 to 10:30am. Cost \$3.00.

HISTORIC CHARLESTON AND THE HOLIDAY FESTIVAL OF LIGHTS: November 18-20, 2019, Join us for three days and two evenings as we travel to Historic Charleston, enjoy a Dinner at the Charleston Crab House on Beautiful James Island, Dinner Cruise with Entertainment aboard the Spirit of Carolina, see a spectacular holiday light show in the country with an enchanting 3-mile driving tour; marshmallow roasts, gingerbread houses; see where the Civil War began, and experience Charleston's Historic City Market. \$399.00 per person with double occupancy. **Deposit \$100.00 by August 2nd. Final Payment Due by October 4th \$299.00.**



Special Note:

Transportation: Inter County Public Transportation provides services to all ages! (fees may apply) ICPTA services are intended to transport the general 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 for our nutrition site, please call ***Ms. Nellie Sawyer, Nutrition Manager***, to receive additional information. 252-426-8309