

## 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](mailto:seniorcenteroffice@perquimanscountync.gov)

Website - [pcseniors.org](http://pcseniors.org)

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

**May, 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, May 14th, 2019 beginning at 9:30am. Entry fee is \$2.00. Beginning in February, once a participant has won a tournament, that member will only be eligible to win once every four tournaments. Trophies are presented. All other days the game room is open 8am to 5pm. Please register for participation by Friday, May 10th.

**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 -** May birthdays will be celebrated on Wednesday, May 1st, right after lunch about 12:15pm. Please let us know if you are an May 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 per game.

**CHOIR -** May 2nd the choir will practice at 1pm. May 9th the choir will depart at 12:15pm for lunch at Chick-fil-a and singing with Day Break at 2pm; May the 16th, the choir will depart at 12:30pm for lunch at Dairy Queen and singing with Chowan River Rehab at 2pm; May 23rd the Choir will depart at 12:15pm for lunch at Wendys and singing with Primetime at 2pm; May 24th the Choir will lead in recognition of Memorial Day here at the Center 1pm - Thank you!; May 30th, the choir will depart at 12:15 for lunch at Taco Bell and singing at the Benjamin House at 2pm. Thank you choir members! \*\*Choir See Brother Bill regarding Senior Showcase Practice Time.

**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:** Congregate Meals are served Monday through Friday at 11:45a.m. 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 older, are invited to join us for nutrition at 11:45am. 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. Her office hours are 9am-1pm 426-8309.

**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 2 billiards tables, Table Tennis tables, as well as, Darts available in this room. Open Monday - Friday, 8am-5pm.

**LINE DANCING- NEW:** 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, Tuesday, May 7th, Tuesday, May 14th and Tuesday, May 28th. ***T'AI CHI Class will not meet Tuesday, May 21st.*** 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, May 14th. We will travel to the Greenbriar shopping area departing at 9am and returning around 4pm. \$3.00 per person. Please sign up by Thursday, May 9th.

**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, May 10th and Friday, May 24th. \$3.00 per Session.

**ZUMBA-** Cynthia Elliott is offering Zumba, Tuesday, May 7th and Tuesday, May 28 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 3:00pm in the Chowan Ag Building/Co-op Extension. 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.

### **SPECIAL ACTIVITIES**

**PERQUIMANS COUNTY SENIORS' CENTER T-SHIRT:** Your Center Senior Games T-Shirt is here waiting for you! Please Come by and pick up your Senior Center T-Shirt by May 20th.

**BLOOD PRESSURE AND VITAL SIGNS:** *Wednesday, May 1st 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.

**I-PHONE CLASS:** *Thursday, May 2, 2019, 2-3:30pm* Mary Ellen Hill will provide the last session of a five week class entitled "iPhone Basics." This class is for anyone, beginner to intermediate, interested in learning how to fully use and enjoy the iPhone or iPad. Registration Fee was \$75.00 for (5) classes. Class size was limited to six. Registration was in March. Call if you have questions or interested in a future class.

**NIGHT OUT:** *Thursday, May 2nd, 5:00pm.* We will meet together at Story's Seafood for dinner and fellowship. Please register with Ms. Bert, Penny or Beverly by noon if are joining us.

**SOUND THE ALARM:** *Friday, May 3rd, 10am until 1pm.* American Red Cross Disaster Program Manger and Jared Lowe, Specialist, will be available to have you sign up for Smoke detectors with 10 year lithium batteries and installation. Please talk with them if you are interested in a smoke detector/installation.

**PINOCHLE:** Please come join us to learn how to play Pinochle, *Tuesday, May 7th 1-3pm.*

**CROQUET:** We will play croquet on the lawn, *Tuesday, May 7th 10-11:30am* and *Thursday, May 23rd 10-11:30am.*

**CAROLINA MOON THEATER:** *Thursday, May 9th, 7pm.* The Carolina Moon Theater Group presents "*The Savannah Sipping Society*" starring our very own Paula Saje. Tickets are \$18.00 and reservations required by April 12th.

**HEALTH FAIR:** *Save the Date! Friday, May 10th from nine until noon.* Perquimans County Community Center (Recreation.) Join Vidant Chowan Hospital partnering with the Senior Center for health screenings as well as information, healthy snacks and giveaways from local providers.

**MEDICARE 101:** Join me, May 13th, 2pm, at the Perquimans Extension Center. Individuals that are nearing their Happy 65th Birthday can learn more about the do's and don'ts of navigating the confusing world of Medicare Benefits and choosing the right health care option. Registration is requested. Please call 426-7697 and let them know if you will be able to attend. (Save the Date: Monday, July 22nd 1-3pm. We will host this opportunity here at the Center.)

**FRIENDSHIP ROCKS:** Ms. Doreen will lead us in painting Friendship Rocks. You may paint this rock with a friendly face or inspirational message, keep it for yourself or place it in a public place. Come join us for this opportunity and learn more. *Thursday, May 16th, 9am.* Cost \$2. Please register by Monday, May 13th.

**AMERICAN RED CROSS BLOOD DRIVE:** *Thursday, May 16th 2-6pm* Located Perquimans County Recreation Center.

**KNOW YOUR NUMBERS AND MORE:** *Friday, May 17th, 11am,* Ashley Mikas with our Albemarle Regional Health Service will share with us to know your numbers, recommended screenings and vaccines.

**ANTIQUA ROAD SHOW (PART 1):** *Monday, May 20th at 11am.* Come share with us your special memory, special keepsake or other journey down memory lane. We will offer this to the first three people that register for up to 10

minutes for their "moments." We will continue this opportunity as shown by participation. Registration first come or by May 15th.

**ALBEMARLE SENIOR SHOWCASE:** *Tuesday, May 21st at 2pm.* No cost if you are a Senior Games participant, \$5.00 at the door for all others. We will be traveling from the Center and leaving at 1pm. If you would like to ride in the Van, please register by May 16th. Seating limited to 13.

**MEMORIAL DAY RECOGNITION:** *Friday, May 24th, 1pm.* Please join us for this time of remembrance for all who have given their life serving in the American armed forces. Fellowship and desserts will follow this time of remembrance.

**HISTORY WITH PHIL:** Wednesday, May 29th, 11am. Come and learn our very own exciting Perquimans County History, Part One with Philip McMullan.

**OPIOIDS: NATIONAL CRISIS, LOCAL SOLUTION:** *Wednesday, May 29, 2019 10am-2pm.* Facilitated at Fountain of Life in Elizabeth City - Albemarle Commission Area Agency on Aging is sponsoring an Abuse in Later Life Seminar addressing the issues among seniors and opioids, a national crisis with a local solution. Please register by May 21st. Registration Form is available and required. No Fee to Attend. Registration Day of event is 9:30-10am.

**WALK TOWARD AWARENESS:** Stepping Out Against Elder Abuse, Friday, May 31st 10Am-2PM. Lunch Included. Vendors, Walk, Speakers. Event Location: Elizabeth City, NC. The Van will leave at 9am and may accommodate 13. Please register by May 16th.

**FIRE PREVENTION:** Michael Cartwright will lead us in Fire Prevention. The goal of fire prevention is to educate the public to take precautions to prevent potentially harmful fires, and be educated about surviving them. It is a proactive method of reducing emergencies and the damaged caused by them. June Date To Be Announced.

**WALK WITH PENNY:** *Tuesday, June 4th, 9am.* Let's take an outside walk here at the Center!

**STROKE AWARENESS:** *Wednesday, June 5th, 11am,* Heather Williams, RN, MSN, AGCNS-BC, Clinical Nurse Specialist with Vidant Bertie and Vidant Chowan will share Stroke Education. Please register by Wednesday, May 29th so she can bring goodie bags to share if possible.

**LIVING HEALTHY:** Living Healthy is a fun interactive workshop that can help you manage pain and fatigue, lessen depression and frustration, increase fitness & self confidence, choose foods for health and more. Nothing beats a chronic health condition like self-management. Attend a free 2&1/2 hour session once a week for six weeks. You will received a workbook and relaxation CD. *Thursdays, June 13, 20 & 27th, July 11, 18 & 25th. 9am-11:30pm.* Please register by June 3rd.

**ARCHERY:** Basic Archery will be offered *Thursday, June 20th at 2pm.* We are ready to get back outside and continue with this great opportunity. Registration by Thursday, June 13th. \$2.00 each Participant.

**CPR:** Matt Leicester with EMS will lead us in Cardiopulmonary Resuscitation, Tuesday, June 25th from 8:30am to 12:30pm. Please arrive by 8:15am. CPR is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. Please register by Monday, June 17th.

### **UPCOMING ADVENTURES!**

**LANCASTER, PA:** May 6th - 8th, 2019, Boarding at 6am. We are traveling to Lancaster, Pennsylvania. Two nights Hotel Accommodations, Two Breakfasts at your Hotel, Two wonderful Dinners Including 1 Amish Style Dinner Feast, Sight & Sound Theater Production of "Jesus", Guided Tour of Amish Farmlands, Shopping at an Amish Farmers Market, a visit to Kitchen Kettle Village, and the Julius Sturgis Pretzel Bakery. We will Leave promptly at 6:30am. We will not stop for Breakfast. Please bring your luggage with the luggage tag attached. One piece of luggage per person and one carry on. Exciting!

**NEW YORK CITY, NY:** October 4th-7th, 2019, We will enjoy a fabulous trip to New York City with a four day, three night adventure including visiting the 911 Museum & Memorial, Ferry to Ellis Island and the Statue of Liberty, Statue of Liberty Museum & Immersive Theater, Guided Tour of the City including Greenwich Village, Little Italy, Soho, St. Patrick's Cathedral, Rockefeller Center, Time's Square, The Theater District, Central Park, Lincoln Center, Wall Street, Harlem Drive, Radio City Music Hall, St John Divine, and more with the Option to add a Broadway Show. \$569.00 per person Based upon Double Occupancy. \$150.00 Deposit Due by June 26th. Seating for travel will be pursuant to date of paid registration. Final Payment Due by August 9th.

**STATE FAIR:** We will travel with 12 interested members to the State Fair, October 22nd. Registration and event information will be available in August.

**THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER AND NUTRITION SITE WILL BE CLOSED,  
MONDAY, MAY 27TH IN RECOGNITION OF MEMORIAL DAY.**