

## 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

**September, 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, September 10th, 2019**

beginning at 9:00am. (**New Start Time**) 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, September 6th. Sixteen Participants per tournament.

**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 -** September birthdays will be celebrated on Wednesday, September 4th, right after lunch about 12:15pm. Please let us know if you are a September birthday person. We celebrate with cake and ice cream.

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

**CHOIR -** September 5th the choir will have practice at the Center at 1pm. September 12th the choir will depart at 12:30 pm for lunch at Dairy Queen and singing with Primetime at 2pm; September 19th, the choir will depart at 12:30 for lunch at Story's Seafood and singing with Brian Center at 2pm; September 26<sup>th</sup> the Choir will depart at 12:15 pm for lunch at Burger King and singing with Waterbrook at 2pm. September 29<sup>th</sup> Burgess Baptist Church. Possible Opportunity! Thank you choir members! New Members are welcome.

**COMPUTER STATIONS-** We have four 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 waiver 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 Wednesday morning and is followed with a morning line dancing class at 8:45 am, both classes are led by Paula. Thank you Paula! The Thursday evening class begins at 6pm with Mike and Lorraine Mizzell. Donations accepted.

\*\*\*If you are interested in coming to the Beginning Line Dancing Class – we will offer new dances for the very first beginners! Please let Beverly know if you would like to join us!\*\*\*\*\*

**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 two Tuesday afternoons this month starting at 3pm. **Tuesday, September 17<sup>th</sup> and Tuesday, September 24<sup>th</sup>**. T'AI CHI is **not offered Tuesday, September 3rd and September 10<sup>th</sup>**. 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 **Thursday, September 12th**. We will travel to Greenbrier Mall in Virginia, departing at 9am and returning around 4pm. \$3.00 per person .Please make your reservation by Monday, September 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, September 13<sup>th</sup> and Friday, September 27<sup>th</sup> at 3pm. \$3.00 per Session.

**ZUMBA**- Cynthia Elliott is offering Zumba, Tuesdays, September 3rd and 17<sup>th</sup> 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 404-7090.

**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.

### **SPECIAL ACTIVITIES**

**BLOOD PRESSURE AND VITAL SIGNS**: **Wednesday, September 4th 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.

**CORNHOLE**: **Thursday, September 5<sup>th</sup> 10-11am**. **Join us for a game of corn hole**. Come learn and/or play this game. Register with Beverly.

**MEDICATION DROP BOX**: **Monday, September 9<sup>th</sup>, 11am**. Sheriff Shelby White will speak with us regarding the importance of the proper disposal of medication. Bring any expired or medications no longer needed for disposal.

**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.

**AMERICAN RED CROSS**: **Wednesday, September 11, 11am**: Mark Lenz with the American Red Cross will join us and extend an opportunity to join the Red Cross Sheltering Team and Support Your Community in Recovery after a Disaster. Mr. Lenz will also offer registration for a smoke detector with installation, as well as, share information regarding services provided by the Red Cross.

**SOCIAL**: **Wednesday, September 11, 2019 at 12:30pm**. Join us for desserts, fellowship and activities. Bring a dessert to share.

**FRIENDSHIP ROCKS**: Ms. Doreen is coming back by popular request! **Thursday, September 12th, 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, September 9th.

**I-PHONE CLASS**: Beginning **Thursday, September 26** and meeting every Thursday through October 31, 2019, 2-3:30pm Mary Ellen Hill will provide a class entitled "I-PHONE BASICS." This class is for anyone, beginner to intermediate, interested in learning how to fully use and enjoy the iPhone or Ipad. Registration is \$75.00 for five (5) classes. Class size is limited to six. Please Register by September 19<sup>th</sup>.

**SENIOR FOOD BOX**: CSFP is a monthly food program through the United States Department of Agriculture, which targets senior citizens age 60 and better with household income with financial qualifications. Please contact Dawn Blow, your CSFP Contact with questions regarding eligibility: 252-312-6213 or come to the Center for additional information.

This month the Senior Food Box Distribution Date is **September 13, 2019 at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is required.

**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 16<sup>th</sup>** and continue **Monday, September 23<sup>rd</sup> at 11:00am** and as requested by many, who met her, lead us in Improving Balance and Posture.

**NEWBOLD-WHITE HOUSE HISTORIC TOUR:** **Tuesday, September 17<sup>th</sup>, 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. Register by Wednesday, September 11<sup>th</sup>.

**NIGHT OUT:** **Tuesday, September 17<sup>th</sup>** Leaving the Center at 4:30pm and traveling to City Grille in Elizabeth City for dinner and fellowship. Please make your reservation with us by Thursday, September 12<sup>th</sup>.

**FALL PREVENTION:** **Wednesday, September 18<sup>th</sup> 11am**, Robyn Eure with Albemarle Home Care and residency therapist will offer Fall Prevention Education. (September is Fall Prevention Month!)

**WALK WITH PENNY:** **Thursday, September 19<sup>th</sup> 9am.** Weather permitting join Penny for a walk outside.

**SHOW & TELL:** **Friday, September 20<sup>th</sup> 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 September 16<sup>th</sup>.

**NUTRITION WITH HONEY:** **Wednesday, September 25<sup>th</sup>, 11am.** Join Julie Murphy of Beekeepers of Chowan and she shares with us wonderful treats with honey and nutrition education.

**FIRST AID:** **Thursday, September 26<sup>th</sup> 9-11am.** Matt Leicester, EMS Training Officer and Shift Supervisor will cover basic first aid and wellness for the layperson. It will cover bleeding, choking, and other conditions. Information regarding medication compliance and drug interactions will be included and well as other great education! Please Register by September 19<sup>th</sup>.

**GRIEF SUPPORT:** **Thursday, September 26<sup>th</sup>, 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 **September 26<sup>th</sup> at 2pm** for the First Steps. New Members are Welcome and others to return! Please register by September 20<sup>th</sup>.

**VIDANT THERAPIST:** Kristine Worrell with Vidant of Chowan will share with us, Friday, September 27<sup>th</sup> at 11am, helpful techniques to avoid falls!

**SATURDAY NIGHT SOCIAL:** **Saturday, September 28<sup>th</sup> from 6-9pm.** Bring a covered dish and join us for dinner, fellowship and indoor games.

**ALBEMARLE RAILROAD CLUB:** **Thursday, October 10<sup>th</sup>, leaving the Center at 9:30am.** Come join us for a visit to see model railroading as a hobby! This club also likes building, landscaping for and repairing these model trains. Please register by October 4<sup>th</sup>. We will have enjoy lunch at City Grille upon the conclusion of this part of the adventure.

**AARP DRIVER SAFETY CLASS:** **Tuesday, October 15<sup>th</sup> 8:30am.** AARP will offer a four hour Driver Safety Course. Members \$15 and Non-members \$20.00. This class has a size limit of eight. Please register by October 8<sup>th</sup>.

**FIRE EXTINGUISHER TRAINING & EDUCATION:** **Thursday, October 17<sup>th</sup>, 9:30-11:00.** Michael Cartwright is bringing fire pans and fire extinguishers to give us each the opportunity to learn how to correctly utilize a fire extinguisher. Please register by Thursday, October 10<sup>th</sup>.

**CARFIT:** **Friday, October 18<sup>th</sup> 9:30-12:30am.** Carfit is an educational program that provides a quick yet comprehensive View of how well you and your vehicle work together. AARP certified members will guide us through this checkup.

**ANNUAL AGING CONFERENCE:** **Friday, November 8, 2019, Save the Date! Active Aging & Empowerment.** We have only received the Save the Date! and will provide the additional information as available. Register with us if you would like to attend. Location: Edenton United Methodist Church.

**I-PHONE PHOTOGRAPHY CLASS:** **Thursday, November 21 and 21<sup>st</sup>,** Mary Ellen Hill will provide a class entitled "I-PHONE Photography Workshop." These classes are for anyone, interested in learning how to fully use and enjoy the photography composition and editing features of your iPhone or Ipad. Your photographs will improve! Registration is \$50.00 for two (2) classes. Class size is limited to six. Please Register by November 7<sup>th</sup>.

**DEMENTIA FRIENDS:** **Tuesday, December 17<sup>th</sup> 10am.** Our Area Agency on Aging will present this one-hour informational session to learn more of this worldwide movement about living with dementia, and the simple things you can do to support someone living with this disease. This is not training, this is where you learn what it is like to live with dementia and tips for communicating with people who have dementia. Please RSVP by December 6<sup>th</sup>. **Would you possibly be interested in leading a DEMENTIA FRIENDS TASK FORCE or serving on the Task Force?** Please let us know

and we will work with the Agency on Aging to establish a time to work towards forming a Dementia Friendly Community.

**FOOTLOOSE:** Save the Date! Join us for this performance at the Performing Arts Center in Elizabeth City, **Thursday, February 27<sup>th</sup>**, and leaving the Center at 9am. Tickets \$18.50. Registration will be held starting in December and by the 11<sup>th</sup> of February, 2020.

#### **SCAM ALERT**

Genetic Testing Fraud: Both the US Department of Health and Human Services Office of Inspector General and SMP (Senior Medicare Patrol) are alerting the public about a fraud scheme involving genetic testing. Be suspicious of anyone who offers you free genetic testing and requests your Medicare number. If anyone other than your physician's office requests your Medicare information, do not provide it. If you suspect Medicare Fraud, contact the HHSOIG Hotline or your local SMP Program 1-877-808-2468. More information is available at the Center.

#### **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. This travel opportunity has met its maximum attendance. Interested members may place your name on our waiting list.

**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.

**SYLVAN HEIGHTS BIRD PARK:** **Tuesday, October 29<sup>th</sup> 8:15am.** This bird sanctuary located in Scotland Neck is home to the world's largest collection of waterfowl, where they are dedicated to conservation, education, research and fun. \$12.00 per person. Please register by October 18<sup>th</sup>. We will stop for lunch before returning to the Center.

**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. **Reservations have been completed for this travel. Final Payment Due by October 4th \$299.00.**

**SPRING IN SAVANNAH, GA & THE GOLDEN ISLES:** April 21-23, 2020, Your 3Day/2Night Fabulous Trip Awaits you and includes 2 Wonderful Dinners, One will be at the Pirates House, Guided Tour of Historic Savannah, Performance at the Savannah Historic Theater for a live musical show, Guided Tram Tour of Jekyll Island, Tour of St. Simons Island and Visit to Famous River Street, \$399.00 per person with double occupancy. Deposit \$100.00 by January 10, 2020 and Final Payment of \$299.00 is due by March 3, 2020.



#### **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