

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

November, 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 - The Perquimans/Pasquotank Billiards Tournament is scheduled for **Tuesday, November 12th, 2019** beginning at 9:30am. Registration is required with Elizabeth City by Wednesday, November 6th. 337-6661. Entry fee is \$2.00. The game room is open Monday through Friday 8am to 5pm.

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 - November birthdays will be celebrated on Wednesday, November 6th, right after lunch about 12:15pm. Please let us know if you are a November 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 - November 7th The choir will present during Nutrition at the Center 11:45am with a tribute to Veterans Day with practice to follow at 1pm. November the 14th the choir will sing at the Brian Center at 2pm. (Check to see if you are meeting here first to travel to lunch.) November 21st the choir will depart at 12:15pm for lunch at Chick-fil-a and singing with the Benjamin House at 2pm. ***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 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- 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 Tuesday afternoons with class beginning 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 **Thursday, November 7th**. We will travel to the Outer Banks, departing at 9am and returning around 4pm. \$3.00 per person .Please make your reservation by Friday, November 4th .

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, November 1st and Friday, November 15th at 3pm. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesdays, November 5th and November 19th 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 Raiser at 404-7090.

AMERICAN RED CROSS: Blood Drive, *Perquimans County Recreation Department, Thursday, November 14, 2019 2-6pm.*

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.

CAREGIVERS DAY OUT FUNDRAISER: Saturday, November 2 3-5pm, Edenton Baptist Church. Jewelry, pottery, artwork, fun, fellowship and ice cream!

SANTA FOR SENIORS: Please bring any unopened and unused following items: lotion, toilet paper, paper towels, tissues, hand soap, candy and Lap Blankets to our center and these items will be delivered by our local Agency on Aging to our Home-Delivered Meal Clients. You may also "adopt" a home bound senior. Call 404-7088 and talk with Ashley for more details on how to care for a senior without family or friends in the area during Christmas.

SCAM AWARENESS OFFERED: Hosted at the Perquimans County Library, 514 S Church Street, Hertford. Tuesday, November 19, 2019 at 2pm *Protect Yourself from You've Won and Money Mule Scams* and Tuesday, December 17, 2019 at 2pm *Protect Yourself from Grandkid Scams*. For More Information, please call Michele Lawrence 252-426-5319.

SENIORS NOW: This program is designed for an individual with mild to moderate cognitive and or/physical impairments. Each activity is chosen with careful consideration of a person's needs, abilities, interest, preferences and history. Please Call Cindy Thomas, Program Director 252-506-6458 for more information. You may know someone who might benefit by this program.

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

DOODLES AND DOTS: Ms. Robin Copeland will return as requested! Monday, November 4th with an acrylic painting of a winter scene. \$10.00 will cover the cost of the canvas.

BLOOD PRESSURE AND VITAL SIGNS: *Wednesday, November 6th from 9:30am until 11:15am.* Members of our very own Perquimans County Emergency Services will be available to check your blood pressure and vital signs.

SAVA SENIOR CARE: *Wednesday, November 6th, 11am,* we welcome Sava Senior Care Staff to lead us in essential oils and aromatherapy.

MEDICARE OPEN ENROLLMENT: Medicare open enrollment is October 15th through December 7th. Two counselors will be available at the Center on Thursday, November 7th and on Thursday, November 21st with appointments available from 9am to 1:30pm. Please call to reserve your appointment. Only then will be scheduled each day and a list of other interested individuals will be kept should an appointment become available that day. Registration fills quickly, and appointments may be scheduled now. Medicare recipients may wish to review their selections annually for changes that may occur in coverage of services and prescriptions.

VETERANS DAY RECOGNITION: *Thursday, November 7th 11:45am.* We will meet in the Nutrition Site at 11:45am and share the Pledge of Allegiance, Recognition and Thanks to our Veterans with a special tribute by the Senior Choir. Lunch will be enjoyed immediately thereafter. Remember to register for lunch before noon on Wednesday, November 6th if you plan to attend and join us for lunch.

ACTIVE AGING & EMPOWERMENT – ANNUAL AGING CONFERENCE: *Friday, November 8th beginning with registration at 8am. Registration is free and requested by November 1st.* Participants will learn about nutrition guidelines for older adults, overall health and wellness, successful brain aging, self-advocacy and staying connected in your community. Additionally, we will learn how to connect participants with agencies and individuals who can serve them now and or help prepare them for when they know others that will. Lunch will be provided. Closing is at 3:30pm.

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 **November 8th, 2019 at 10am** and located at our Local County Community Center (Recreation Center.) Application and approval is required.

T'AI CHI CHIH (pronounced tie chee cha) **Wednesday, November 13th, 11:00 am** T'AI CHI CHIH is a fun, easy way to reduce stress and improve balance and posture. Harriet Marquit, accredited TCC teacher, will introduce us to this graceful series of 19 movements and one pose. With regular practice, benefits to the body and mind are many including lowering blood pressure and managing depression.

GIVING THANKS: Join us **Wednesday, November 13th 12:30pm for a time of thanksgiving** with Pastor Gwayland McCleney in music, followed by engaging activities and of course, thanksgiving desserts. Please bring your favorite dessert to share.

I-PHONE PHOTOGRAPHY CLASS: **Thursday, November 14th and 21st, from 2-3:30pm** 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 7th.

NIGHT OUT: **Thursday, November 14th** Leaving the Center at 5:00pm and traveling to the Three Amigos for dinner and fellowship. Please make your reservation with us by Thursday, November 7th.

SHOW AND TELL: **Friday, November 15th 11am** Come and share with us your special memory, special keepsake or other journey down memory lane. We offer this opportunity to the first two members to register! Registration by November 12th please.

BOCCE: **Friday, November 15th, 1pm-2pm**, join us to learn and to enjoy great fellowship will we play this outdoor game.

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! **Thursday, November 21st, 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, November 18th.

GRIEF DURING THE HOLIDAYS: Joe Griffith is available, **Monday, November 25th at 11am** and will talk with us regarding the experience of grief during the holidays.

GINGERBREAD HOUSE CRAFT: **Tuesday, November 26th, 1pm**. Join Penny in making "gingerbread houses." Please talk to Penny regarding details and register by November 15th.

THE TRAIN HOUSE: **Tuesday, December 3rd, leaving at 9:30am we will travel to the Train House** "...What lies inside this simple dwelling is anything but plain and beyond any wordsmith's just description. It's where imagination and nostalgia collide every December, when faces of young and old distort, but never tire, from wide-eyed amazement and ear-to-ear grins. Between toys of yesteryear and the timelessness of imagination, visitors of all ages partake in the annual pilgrimage Over the last 24 years Richard and wife Peggy have assembled and amassed an array of electric trains, models, toys, figurines, and mechanized scenery that collectively create The Train House. Some are handmade, others store-bought. Despite the cumbersome collection, trains remain the dominate theme. "People associate Christmas with trains," Seventeen locomotives bend along assorted tracks through a series of make-believe communities and miniature settings, depicting a wonderland of life at play and work. But, that hardly tells it..." Please Register by Tuesday, November 26th.

SELF-DEFENSE: **Wednesday, December 4th, 11am**, Paula Saje will lead this demonstration of strategical awareness and self-defense. Please register by November 26th.

DEMENTIA FRIENDS: **Tuesday, December 17th 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 6th. **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.

LANDINGS OF ALBEMARLE: Ms. Robin Waller, with the Landings of Albemarle will join us 11am, Wednesday, December 18th to present this new opportunity for assisted and independent living within our community.

THE ONLEY PLACE – VALENTINE’S DINNER THEATER: *Friday, February 14th – leaving the Center at 5pm! Dinner from Topside at 6pm and Entertainment with Out’n the Cold begins at 7pm. \$25.00 per person. We only have 30 tickets held. (28 Tickets are spoken for!) Please register and reserve your ticket by January 29th.*

CONCEALED CARRY CLASS: This class has been requested by many members and will be offered **Saturday, February 22, 2020.** Fee is \$75.00. A minimum of seven (7) registered and paid Center Member participants prior to February 12, 2020 is required. A concealed carry class is a firearms safety or training course that many states require you to take in order to obtain a CCW license. The course will teach you basic safety techniques, laws to use it as self-defense and the defense of others, proper firing techniques, fundamental of guns, how to use your weapon, way to carry your weapon, cleaning and care for your weapon, marksmanship fundamentals and laws of where you can and cannot carry a weapon.

FOOTLOOSE: Save the Date! Join us for this performance at the Performing Arts Center in Elizabeth City, **Thursday, February 27** 2020. We will leave the Center at 9am. Tickets \$18.50. We will stop for lunch on our return to the Center. Registration is open and is required by the 11th of February, 2020.

CONGRATULATIONS!

CONGRATULATIONS TO State Senior Games Medalist Recipients:

Angela Burket, Decorative Painting and Nora Crouch, Pastels/Watercolors (Perquimans). Twenty individuals from our Albemarle Senior Games were recipients of medals during our State Competition.

The North Carolina Senior Games is a year-round health promotion and education Promotion program that serves adults 50 years of age or better by providing exercise for the body and mind! It is the largest Senior Games Organization in the United States with over 65,000 participants. The Albemarle Senior Games and SilverArts are sanctioned by the NC Senior Games and serve the largest geographic area in the State representing senior athletes and artists from Camden, Chowan, Currituck, Gates, Hyde, Pasquotank, Perquimans, Tyrrell and Washington Counties. Our local games will be held in March, April and May. Registration Begins in Mid-December and generally runs through February 15.

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!

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 and your travel itinerary is available. Please come by to pick up your travel information if you have not yet done so. Thank you.***

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.

THE PERQUIMANS COUNTY SENIOR CITIZENS CENTER AND NUTRITION SITE WILL BE CLOSED TO OBSERVE VETERANS DAY, MONDAY, NOVEMBER 11, 2019 AND THURSDAY AND FRIDAY, NOVEMBER 27TH AND 28TH IN OBSERVANCE OF THANKSGIVING. HAPPY THANKSGIVING!