

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

June, 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 Perquimans vs. Pasquotank Billiards Tournament is open for registration and scheduled for Tuesday, June 11th, 2019 beginning at 9:30am. Entry fee is \$3.00. Pizza will be provided at lunch. The Tournament Trophy resides with the Champion County until the next County Playoff. All other days the game room is open 8am to 5pm. Please register for participation by Friday, June 7th.

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 - June birthdays will be celebrated on Wednesday, June 5th, right after lunch about 12:15pm. Please let us know if you are a June 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 - June 6th the choir will practice at 1pm. June 13th the choir will depart at 12:30 pm for lunch at Chicken Kitchen and singing with The Edenton House at 2pm; June 20th, the choir will depart at 12:15pm for lunch at Quality Seafood and singing with Waterbrook at 2pm; June 27th the Choir will depart at 12:15 pm for lunch at Captain Ds and singing with Brookdale at 2pm. Thank you choir members!!

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 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 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. Line Dancing at 6pm will be available on Thursday, June 6th and will resume, Thursday July 11th.

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, June 11th. We will travel to the Pembroke shopping area departing at 9am and returning around 4pm. \$3.00 per person. Please sign up by Thursday, June 6th.

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, June 7th and Friday, June 21st. \$3.00 per Session.

ZUMBA- Cynthia Elliott is offering Zumba, Tuesday, June 4th and Tuesday, June 18th 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

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

BLOOD PRESSURE AND VITAL SIGNS: *Wednesday, June 5th 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.

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 today so she can bring goodie bags to share if possible.

CORNHOLE: *Thursday, June 6th 10-11:30am.* Let's go outside and play corn hole!

CAPTEL: DEPARTMENT OF DEAF AND HEARING: *Wednesday, June 12th at 11am.* Libby Caviness will come and share with us information regarding better hearing!

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 receive a workbook and relaxation CD. *Thursdays, June 13, 20 & 27th, July 11, 18 & 25th. 9am-11:30pm.* Please register by June 3rd.

ARTHRITIS: *Friday, June 14th @ 11am.* Let's talk about arthritis! with Kelly Meads, Physician Assistant in Orthopedic Surgery. Symptoms, Treatment, Conservative Care and Prevention.

DEHYDRATION: *Monday, June 17th at 11am* Anna Long will return and talk with us and educate us on the importance of hydration, signs of, treatment and prevention!

HELLO WITH ASHLEY: Ashley Lamb with our area Agency on Aging will join us *Tuesday, June 18th at 10am* bringing with her a common practice game to create conversations about what matters most to each of us. Please join us! Register by Friday, June 14th.

FRIENDSHIP ROCKS: Ms. Doreen is coming back by popular request! *Thursday, June 20, 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, June 7th.

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.

NIGHT OUT: *Thursday, June 20th - leaving the Center at 5pm* and traveling to the Corapeake Restaurant for dinner. Pickled Herrings are on the menu for Thursdays! Please make your reservation with us by Monday, June 17th.

SUMMER POOL BASH: *Friday, June 21st 1-3pm* - Welcome Summer! and join us for our pool bash! Fellowship, games and of course summer time refreshments!

FIRE PREVENTION: *Monday, June 24th 11am* 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 damage caused by them.

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.

HISTORY WITH PHIL: *Wednesday, June 26th, 11am.* Come and learn our very own exciting Perquimans County History, Part Two with Philip McMullan.

SHOW & TELL: *Friday, June 28th 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 June 21st.

SATURDAY NIGHT SOCIAL: *Saturday, June 29th from 6-9pm.* Bring a covered dish and join us for dinner, fellowship and indoor games.

STARTS AND STRIPES DAY!: *Wednesday, July 3rd 1-3!* Come celebrate Independence Day with us for hotdogs, desserts, indoor and outdoor games, weather permitting! Bring you favorite dessert to share!

MEDICARE 101: Save the date! Monday, July 22nd 1-3pm. 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.

MOVIE & LUNCH: *Tuesday, July 30th* we will travel to Virginia for lunch and a movie! More information in our July newsletter.

UPCOMING ADVENTURES!

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.**

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.

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



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

