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Perquimans County Center for Active Living

1072 Harvey Point Road, Hertford, NC 27944

(252) 426-5404 Website: [pcactiveliving.org](http://pcactiveliving.org)

## May 2026 Newsletter



### **L.I.F.T.**

Lifelong Improvements through  
Fitness Together

Join Sarah Sowders, NC Cooperative Extension  
Family and Consumer Science Agent, for an  
engaging 8-week class designed to help you:

- Improve your strength and mobility
- Explore healthy food choices
- Build lasting habits for regular physical activity

**Begins May 5, 2026**  
**8:30 AM**



Register TODAY!

Has your personal information changed  
since becoming a member? What about  
your address, medication, or phone  
number? Update your information **TODAY!**

### Mother's Day Afternoon Tea Party

**May 8, 2026**  
**1:00 PM**

Please join us for an elegant  
afternoon filled with tea, treats, and  
great company! Registration needed!

### Inside the Register of Deeds

**May 18, 2026**  
**1:30 AM**

Hear from Jacqueline Frierson,  
Perquimans County Register of  
Deeds, on the services her office  
provides to support our community.

### Memorial Day Tribute

Remember and honor our fallen  
heroes with Ron Stites, Perquimans  
County Veterans Service Officer.

**May 22, 2026**  
**10:30 am**



### COMMUNITY YARD SALE

**Saturday**  
**May 30, 2026**  
**8:00 am—12:00 pm**

#### STATEMENT OF PURPOSE

The mission of the Perquimans County Center for Active Living is to seek to improve and enhance the quality of life of our older adult population and to promote their participation on all aspects of community life.

# Save the Date

*Don't miss the details!  
See the flyer for more information!*

## Simply Natural Creamery

**June 2, 2026**

Get ready for an “udderly” fun adventure to the Simply Natural Creamery in Ayden, NC.

Lunch will be on your own  
the Farmer & the Dail.

## Walk for WEAAD!

**June 11, 2026**

There is no excuse for elder abuse. Join is as we participate in the 11th Annual World Elder Abuse Awareness Day Walk.

## Day for Dads

**June 19, 2026**

Celebrate all the father figures with outdoor games, good food, and the great outdoors!

## Independence Day Ice Cream Social

**July 2, 2026**

Enjoy a bowl of ice cream with all your favorite toppings while gathering with friends to honor our freedom.

# CHRISTMAS IN CHARLESTON, SC

**December 7—December 9, 2026**

Your 3-day/2-night trip package includes a Holiday Dinner Cruise aboard *The Spirit of Carolina*, guided tours of historic Charleston and the Magnolia House, an unforgettable experience at the James Island Holiday Festival of Lights, and visits to the Magnolia Plantation & Gardens and Historic City Market.

See the flyer at the Center or check out our website for more details:  
[pcactiveliving.org](http://pcactiveliving.org)

**Price:** \$599.00 (per person – double occupancy) or \$749.00 (single occupancy)

**Travel Protection:** Travel Protection can be purchased for \$79.00 per person. If you wish to purchase Travel Protection, please make a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable. Group cancellation policies apply.

**Payment Information:** The initial deposit of \$250.00 is due **July 10, 2026**. The final payment of \$349.00 (per person—double occupancy) or \$499.00 (single occupancy) is due **September 25, 2026**.

*For more information and/or  
reservations, please contact  
LuRee Sawyer at (252) 426-5404*

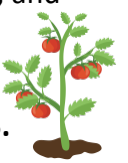




# MAY 2026 — SCHEDULE

Review the Daily Activities section of this month's newsletter for more regular occurring activities!

**COMMUNITY GARDENING**—Community Gardening is now a weekly opportunity! Join us **every Wednesday @ 8:30 am** as we plant, nurture, and harvest together while building friendships along the way.



**WALK WITH EASE**—Want to reduce the discomfort of arthritis and improve your balance, strength, and walking pace? Join us and enhance your overall health. Participants will meet every **Monday, Wednesday, and Friday @ 8:30 am** for 6 weeks. **The class ends on Friday, May 15.**

**OUTDOOR GAMES**—Bring a partner on **Friday, May 1 @ 1:00 pm** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

**LIFELONG IMPROVEMENT THROUGH FITNESS TOGETHER (L.I.F.T.)** - An in-person, group-based strength training program that lasts **8 weeks**. Participants meet twice each week for 1-hour sessions. The classes help improve your strength and mobility, teach healthy food options, and create a habit of physical activity. Class will be held **every Tuesday and Thursday starting May 5 from 8:30 am to 9:30 am and ending June 25, 2026**. Registration is required!



**EMS VITALS**—Our local EMS team will be available on **Wednesday, May 6 @ 10:15 am** to check your blood pressure and other vital signs.

**GOLDEN CHIMES**—**Wednesday, May 6 @ 10:30 am**—Participate in our lively handbell choir for a fun, upbeat musical experience filled with rhythm, laughter, and teamwork! No experience is needed! Just bring your enthusiasm and a love for trying something new.

**TERRI'S CARD MAKING AND STAMPIN'!**—Join **Terri Valentine** and **Kim Glans** on **Thursday, May 7 @ 9:00 am** and enjoy creating a truly unique greeting card and other paper crafts using stamps, ink, paper, and more! Class size is limited. Registration is needed.

**CROQUET**—**Thursday, May 7**, leaving the Center **@ 12:30 pm**—Join us for a wonderful time in a laid-back setting, where friendship, fellowship, fun, and just a touch of friendly competition come together! Perfect for all experience levels!

**TEA PARTY**—Please join us on **Friday, May 8 @ 1:00 pm** for our Mother's Day Afternoon Tea Party. Enjoy an elegant afternoon filled with tea, treats, and great company! Registration is needed! Cost: \$5.00



**MOTHER'S DAY**—**Sunday, May 10, 2026**—Happy Mother's Day to all the wonderful mothers, grandmothers, and mother figures!

**LET'S GO SHOPPING**—**Tuesday, May 12**, leaving the Center **@ 9:00 am**—Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship at the Norfolk Premium Outlets. Lunch will be on your own. Registration is required, with a limit of 14 participants. A transportation fee of \$3.00 is due upon sign-up.

**ACRYLICS**—Discover the joy of painting with acrylics with **Penny** on **Thursday, May 14 @ 9:00 am**. Whether you're picking up a brush for the first time or looking to refresh your skills, this beginner-friendly class is perfect for you. Class size is limited! Registration is needed! Cost: \$1.00

**OUTDOOR GAMES**—Bring a partner on **Friday, May 15 @ 1:00 pm** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.



Riddle Me This...

Every day I remove what grows,  
 From chins and cheeks and under noses.  
 Though I shave time and time again,  
 The beard I have stays just the same.

What am I?

*Barber*



## MAY 2026 — SCHEDULE CONTINUED

**INSIDE THE REGISTER OF DEEDS**—Monday, May 18 @ 10:30 am—Join **Jacqueline Frierson**, Perquimans County Register of Deeds to learn about the services her office provides and how it serves our community. Discussion topics will include how the office has changes over the years, its roles and functions, and available programs and services.

**LANCASTER & HERSHEY, PA TRIP**—Tuesday, May 19—Thursday, May 21—Bon voyage, travelers! Wishing you a safe journey to Pennsylvania and a truly enjoyable trip.



**PHOTOGRAPHY 101**—Join photographer **Pam Hadden** on Wednesday, May 20 @ 10:30 am, and learn to capture every moment using your cell phone photography.

**PERFORMING ARTS SHOWCASE**—Thursday, May 21, leaving the Center @ 12:15 pm—Let’s enjoy a fun day together! Join us for a group trip to Edenton for the Albemarle Senior Games Performing Arts Showcase. Register today!

**SEW MUCH FUN**—Thursday, May 21 @ 1:00 pm — Whether you are new to sewing or more advanced, this class has something for you! Join **Angela Ermi & Terri Valentine** to sharpen your sewing skills and share ideas with others. Register today!

### A Taste of the Derby

#### Virgin Mint Julep

Even if we can't be at the Kentucky Derby, we can still sip on a fan-favorite drink inspired by the day!

#### Ingredients

- Fresh Mint Leaves (8-10)
- Splash of Lime Juice
- 1-2 tsp Sugar
- Ginger Ale, Lemonade, or Club Soda
- Crushed Ice

#### How to make

Gently muddle the mint and sugar in a glass to release the fresh, signature flavor. Fill the glass with crushed ice, add a splash of lime juice, the top with your choice of ginger ale, lemonade, or club soda. Give it a stir and garnish with a sprig of mint for a refreshing finish.

**MEMORIAL DAY TRIBUTE**—Friday, May 22 @ 10:30 am—Take a moment to remember and honor those who made the ultimate sacrifice for our country with **Ron Stites**, Perquimans County Veterans Service Officer.



**MEMORIAL DAY**—The Center will be **CLOSED** on Monday, May 25, 2025, in observance of Memorial Day.

**ELIZABETHAN GARDENS**—Tuesday, May 26, leaving the Center @ 8:15 am—Escape with us to Manteo, NC. Explore the blooming beauty of the Gardens through a self-guided tour. Lunch will be on your own at Darrell’s Seafood Restaurant. Registration is required, with a limit of 14 participants. A trip fee of \$15.00 is due upon sign-up.

**CRAFT WITH PENNY**—Meet **Penny** in the Craft Room on Thursday, May 28 @ 9:00 am and let your creativity take flight as we design spring tassel bookmarks. Register today! Cost: \$2.00

**MOVIE**—Join us on Friday, May 29 @ 1:00 pm as we gather for a relaxing movie afternoon. Settle in, unwind, and enjoy a great film surrounded by friendly faces. Featured movie: TBA

**YARD SALE**—One man’s trash is another man’s treasure! Join us Saturday, May 30 from 8:00 am—12 Noon and shop for hidden treasures and amazing deals!

#### Did You Know...

The LEGO Group actually produces more tires each year than any major car tire company in the world!

#### Center Staff:

- LuRee Sawyer
- Bert Gordon
- Penny Trueblood
- Erica Cartwright
- Jenny Coppersmith