



Perquimans County Center for Active Living
1072 Harvey Point Road, Hertford, NC 27944
(252) 426-5404 Website: pactiveliving.org



June 2026 Newsletter

Fire Safety

Join Darrel Glans with the Hertford Fire Department, for an informative fire safety presentation!

June 15, 2026
10:30 am



Day for Dads

June 19, 2026
1:00 PM

Join us as we celebrate you with outdoor games, good food, and great company! Register Today!



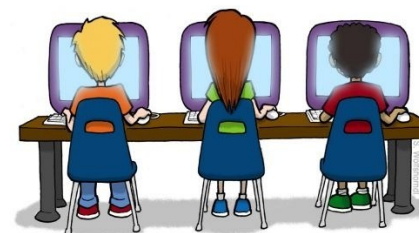
Digital Skills Classes Coming Soon...

You've been asking for it, and now it's back!

Begins August 3 @ 10:30 am

Do you want to learn the basics of smartphones, computer skills, and Microsoft Word? How about utilizing online healthcare or identifying trusted online information? See the next page for more information on upcoming topics.

Join **DaChelle Gupton**, ECU Community Engagement Coordinator, for this 8-module digital skills learning opportunity!



Independence Day Celebration

ICE CREAM Social



July 2, 2026
2:00 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!*

Fishing Getaway

July 14, 2026

Join us as we head to the Chowan Fishing Pier for a "Reel" fun day of fishing.
Must have a fishing license to participate

Dowdy Park

July 23, 2026

Browse a colorful mix of local vendors offering homemade baked goods, handcrafted treasures, and so much more!

Texas Roadhouse

July 31, 2026

It's time to eat partners! Join us as we enjoy lunch at our local Texas Roadhouse!



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

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*





JUNE 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.

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 one-hour sessions. The classes help improve your strength and mobility, teach healthy food options, and create a habit of physical activity. **Classes are held every Tuesday and Thursday from 8:30 am to 9:30 am ends June 25, 2026.**



HOMETOWN ADVENTURE— **Monday, June 1**, leaving the Center **@ 9:00 am**—Spend the day with us discovering hidden gems at local thrift stores and enjoy a delicious lunch at Quality Seafood! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

SIMPLY NATURAL CREAMERY—**Tuesday, June 2**, leaving the Center **@ 8:00 am**—Get ready for an “udderly” fun adventure! Enjoy a scenic wagon ride, meet and pet adorable calves, tour the milking parlor, and top it all off with delicious ice cream samples. Lunch will be on your own at the “Farmer & the Dail”. Registration is required, with a limit of 14. Registration is closed!



ADVANCE CARE PLANNING—**Ellie Ward, BSN, RN**, will be here **Tuesday, June 2 @ 9:00 am** to discuss the who, what, when, where, how, and most importantly, the why of advance care planning. Be sure to bring your photo ID, as it will be needed for the completion of various documents.

EMS VITALS—Our local EMS team will be available on **Wednesday, June 3 @ 10:15 am** to check your blood pressure and other vital signs.

GOLDEN CHIMES—**Wednesday, June 3 @ 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.

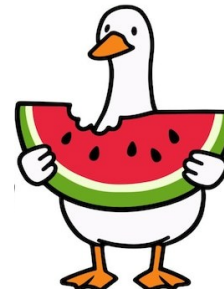
PAPER POSSIBILITIES CRAFT—**Thursday, June 4 @ 9:00 am**—Where creativity comes to life through paper crafts, from unique cards to one-of-a-kind creations. Class size is limited. Registration is needed.



OUTDOOR GAMES—Bring a partner on **Friday, June 5 @ 10:30 am** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

PLANNING AHEAD—Join **Sandra Lee, Managing Attorney** on **Monday June 8 @ 10:30 am** for an informative presentation about the legal planning and available Legal Aid of North Carolina (LANC) Services.

LET'S GO SHOPPING—**Tuesday, June 9**, leaving the Center **@ 9:00 am**—Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship in Greenville, NC. 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.



Riddle Me This...

I'm full of seeds but I'm not a flower,
I'm cool and sweet on a hot summer hour.
Slice me up or eat me whole,
I'm a favorite when temperatures roll.

What am I?

Watermelon



JUNE 2026 — SCHEDULE CONTINUED

WEAAD WALK—**Thursday, June 11**, leaving the Center @ **9:15 am**—Be a part of something meaningful at the 11th Annual Walk for World Elder Abuse Day. Starting at the Pasquotank County Courthouse and ending at the Mariner’s Wharf Park, where exhibitors and speakers will be sharing important information. Wear purple and stand with us in support. Registration is closed.

CROQUET—**Thursday, June 11**, 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!

OUTDOOR GAMES—Bring a partner on **Friday, June 12 @ 10:30 am** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

FIRE SAFETY—Join Fireman **Darrel Glans** from Hertford Fire Department on **Monday, June 15 @ 10:30 am** for an informative fire safety presentation and learn practical tips on preventing fires, responding in an emergency, and keeping your family and home safe.

PHOTOGRAPHY 101—Join photographer **Pam Hadden** on **Wednesday, June 17 @ 10:30 am**, and learn to capture every moment using your cell phone camera.

CRAFT WITH PENNY—Meet **Penny** in the Craft Room on **Thursday, June 18 @ 9:00 am** and get creative with hot glue and vibrant poured paint to create a beautiful raised artwork. Register today! Class size is limited. Cost: \$5.00

DAY FOR DADS—Join us **Friday, June 19 @ 1:00 pm** as we celebrate you with outdoor games, good food, and great company! A hot dog, chips, a sweet treat, and a refreshing drink are included! Register today! Cost: \$5.00

FATHER’S DAY—**Sunday, June 21, 2026**—Happy Father’s Day to all the dads and father figures! May your day be filled with love, laughter, and appreciation!

MOVIE—Join us on **Friday, June 26 @ 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

STORYTIME WITH TED—Come along **Monday, June 29 @ 10:30 am** and discover the joy of language with a magical story time with our very own retired traveler **Mr. Ted Weeks**.

LUNCH & A MOVIE—**Tuesday, June 30**—departure time **TBA**—Travel with us for an afternoon escape at the movies. We will be enjoying lunch on our own during the outing. Please plan to purchase your movie ticket at the theater. Registration is required, with a limit of 14 participants. A transportation fee of \$3.00 is due upon sign-up.

Did You Know...

People used to use things like rice bran, olive oil, and even clay for sun protection before modern day sunscreen?



Center Staff:

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