



Perquimans County Center for Active Living

1072 Harvey Point Road, Hertford, NC 27944

(252) 426-5404 Website: pcactiveliving.org

September 2026 Newsletter



MEDICARE 101

Ashely Lamb, SHIP (Seniors' Health Insurance Information Program) Coordinator will present Medicare 101. Mrs. Lamb will provide an overview of Medicare, including the different parts of Medicare, coverage options, costs, and enrollment periods.

Wednesday
September 23, 2026
10:30 am



Whether you're new to Medicare or simply want to better understand your benefits, this presentation will provide helpful information to help you make informed decisions about your coverage.

CARD PARTY

Friday
September 25, 2026
12:00 pm — 4:00 pm

Cost: \$12.00



DRIVE-THRU SHRED EVENT

When?
Tuesday, October 13, 2026
10:00 am — 1:00 pm

Where?
Albemarle Commission
512 S. Church Street,
Hertford, NC 27944



Chowan County Regional Fair

Thursday is SENIOR NIGHT!
FREE admission for all age 60 and above!

Thursday
October 1, 2026
Departing @ 4:00 pm

Cost: \$3.00 Transportation Fee

Flu Vaccine Clinic

Wednesday
October 14, 2026
10:00 am — 1:00 pm

Don't let the flu spoil your fall fun!
Join ARHHS to receive your flu shot.

Please Register by October 7, 2026

*Charges may apply. Please bring
your Medicare/Insurance card.



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 out!
See the flyer for more information!*

Fall Fest

October 30, 2026

Celebrate the season with us with a delicious popcorn bar.

Veterans Day Salute

November 9, 2026

Join us as we pause to honor, remember, and thank all who have served our country.

Thanksgiving Slice of Fun

November 20, 2026

Celebrate the season of gratitude with a slice of pie and good company!

Christmas Pizza Social

December 22, 2026

Enjoy delicious pizza, festive fun, and plenty of holiday cheer!

CHRISTMAS IN CHARLESTON, SC

December 7—December 9, 2026

****Registration Closed****

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.

Final Payment due by September 25, 2026

SAVANNAH, GA & GEORGIA'S GOLDEN ISLES

April 19—April 22, 2027

Your 4-day/3-night trip package includes two evening receptions at your hotel, a dinner at The Pirate's House, a guided tour of Historic Savannah, a performance at the historic Savannah Theatre, a guided tour of Historic Jekyll Island, a visit to St. Simon Island, and a time to explore the famous River Street.

Price: \$799.00 (per person – double occupancy) or \$1049.00 (single occupancy)

Travel Protection: Travel Protection can be purchased for \$92.00 (per person – double occupancy) or \$119.00 (single occupancy). 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 **November 19, 2026**. The final payment of \$549.00 (per person—double occupancy) or \$799.00 (single occupancy) is due **February 5, 2027**.



SEPTEMBER 2026 — SCHEDULE

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

DIGITAL SKILLS — Join **Gabriela Gervasio**, ECU Community Engagement Coordinator, for this 8-session digital skills workshop designed to help build your confidence with technology. Each session will focus on a different topic. Classes will be held **every Monday from August 3 through September 28 @ 10:30 am**. See the flyer for more information.

HEALTHY LOSERS (Formerly known as "TOPS") — Every **Thursday @ 9:30 am** — Whether you're just getting started or continuing your wellness journey, join us for encouragement, healthy eating tips, and support from others with similar goals.



EMS VITALS — Our local EMS team will be available on **Wednesday, September 2 @ 10:15 am** to check your blood pressure and other vital signs.

GOLDEN CHIMES — **Wednesday, September 2 @ 10:45 am** — Participate in our lively handbell choir for a fun, upbeat musical experience filled with rhythm, laughter, and teamwork! No experience is necessary! Just bring your enthusiasm and a love for trying something new.

PAPER POSSIBILITIES CRAFT — **Thursday, September 3 @ 9:00 am** — Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

LABOR DAY CELEBRATION — Celebrate Labor day with us on **Friday, September 4 @ 12:00 pm**. Come play some outdoor games and enjoy an All-American lunch (hot dog, chips, a sweet treat, and a drink). Cost: \$5.00



CLOSED — The Center will be **CLOSED** on **Monday, September 7, 2026** in observance of Labor day.

OUTDOOR GAMES — Bring a partner on **Tuesday, September 8 @ 10:00 am** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

ACRYLICS — Turn a blank canvas into your own unique masterpiece with **Penny** on **Thursday, September 10 @ 9:00 am**. This month, we will be painting a mallard floating along the river. 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!

HOMETOWN ADVENTURE — Take a trip with us **Thursday, September 10, 2026**. We will **depart @ 12:45 pm** to travel into town to view the stunning original work of one of the country's leading artists, Jack Pardue. Don't miss this opportunity to experience his unique talent up close!

Riddle Me This...

You may find me in a lunchbox,
In a pie, or in a cider cup.
Crisp and sweet, I'm a fall favorite.

What am I? *An Apple*

CENTER CINEMA — Join us on **Friday, September 11 @ 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

FALL PREVENTION BINGO — **Wednesday, September 16 @ 1:00 pm** — Join **Kayla Benfield**, Albemarle Commission's Aging Program Specialist, and enjoy playing BINGO while learning why fall prevention matters. Register today!





SEPTEMBER 2026 — SCHEDULE CONTINUED

CRAFT WITH PENNY—Meet **Penny** in the Craft Room on **Thursday, September 17 @ 9:00 am** and learn how to upcycle old picture frames into charming fall door hanger. Register today! Class size is limited. Cost: \$1.00

SEW MUCH FUN—**Thursday, September 17 @ 1:00 pm** — Whether you are new to sewing or more advanced, this class has something for you! Join **Angela Ermi** to sharpen your sewing skills and share ideas with others. Register today!

OUTDOOR GAMES—Bring a partner on **Friday, September 18 @ 10:00 am** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

VOTING 101: DATES, STEPS, AND TIPS—Meet Kayla Shoaff our county's Election Department Staff on **Monday, September 21 @ 10:30 am** for a helpful presentation on this upcoming election session.



TRYON PALACE—**Tuesday, September 22—Departing at 8:00 am**— Step back in time with a visit to Tryon Palace, North Carolina's first permanent state capital. Lunch will be on your own during the trip. Registration is required, with a limit of 14 participants. A trip fee of \$20.00 is due upon registrations.

MEDICARE 101—**Wednesday, September 23 @ 10:30 am**—Join **Ashley Lamb**, SHIP (Seniors Health Insurance Information Program) Coordinator will provide an overview of Medicare, including the different parts of Medicare, coverage options, costs, and enrollment periods. Whether you're new to Medicare or simply want to better understand your benefits, this presentation will provide helpful information to help you make informed decisions about your coverage.



PAPER POSSIBILITIES—**Thursday, September 24 @ 1:00 pm**—Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

Honey Kissed Sweet Potatoes

Ingredients

- 3 sweet potatoes, cubed
- 3 apples, sliced
- 2 tbsp honey
- 1 tbsp melted butter
- 1 tsp cinnamon
- 1/2 tsp vanilla
- 1/4 cup chopped pecans



How to make

Toss everything together except pecans. Bake at 375°F for 40-45 minutes, stirring once halfway through. Add pecans during the last 10 minutes.

Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Jenny Coppersmith

CARD PARTY— It's that time of year again! Get ready to shuffle, deal, and have some fun with us on **Friday, September 25 @ 12:00 pm**. Participants are responsible for forming their own team prior to the event. Lunch will be provided. Grab your team and register today! Cost \$12.00.

THE SHOPPES AT COPPER MILL MERCANTILE— **Tuesday, September 29—Departing @ 8:30 am**—Get ready to shop, browse and discover! With 50,000+ square feet of vendor space you're sure to find something special. Lunch will be on your own at Parker's Barbeque. Registration is required, with a limit of 14 participants. A transportation fee of \$3.00 is due upon registrations.