Perquimans County Center for Active Living

1072 Harvey Point Road, Hertford, NC 27944

(252) 426-5404 Website: www.pcactiveliving.org

November 2026 Newsletter



Medicare Open Enrollment

October 15 - December 7, 2026

It is time to review your Medicare coverage and see if your plan still meets your needs for the coming year.

Call to schedule an appointment:

Ashley Lamb	Kayla Benfield	Shannon Ray
(252) 404-7090	(252) 404-7088	(252) 426-8244

Digital Skills Information Session

Build your mobile banking confidence!

Monday November 23, 2026 10:30 am & **Monday November 30, 2026 10:30 am**

Gabriella Gervasio, ECU Research Technician, is back for a special two-session class designed to help you navigate mobile banking with greater confidence.



Veterans Day Salute

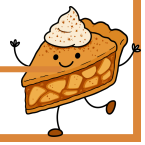
Monday
November 9, 2026
10:30 am

Let's come together to honor and thank the brave veterans who have served our country.

Thanksgiving Slice of Fun

Come for the pie, stay for the trivia!

Friday
November 20, 2026
1:00 pm



Help us keep your information up to date!

Have you had a change in your address, medications, emergency contact information, or phone number?

Please see a staff member to update today!

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!

Senior Adult Christmas Luncheon

December 1, 2026

Travel to Camp Cale as we celebrate the season with fellowship and a delicious lunch.

Winter Ready

December 14, 2026

Join us for an informative presentation on winter preparedness led by our local Emergency Services team.

Christmas Pizza Social

December 22, 2026

Have yourself a merry little pizza party! Enjoy delicious pizza, festive fun, and plenty of holiday cheer!

Savannah, G.A. & 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***.

Majestic Mount Rushmore & The Black Hills of South Dakota

September 20—September 25, 2027

Enjoy a 6-day/5-night fully escorted trip featuring an expert guide, four dinners (including a chuckwagon dinner and show), and a Native American presentation. Highlights include Mount Rushmore, Crazy Horse Memorial, Custer State Park, Bear Country wildlife park, historic Deadwood, Wall Drug Store & Cafe, and other Black Hills attractions!

Price: $2899.00 (per person – double occupancy) or $3499.00 (single occupancy)

Travel Protection: Travel Protection can be purchased for $318.00 (per person – double occupancy) or $438.00 (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 ***December 1, 2026.*** The second deposit of $1000.00 is due ***February 2, 2027***. The final payment of $1649.00 (per person—double occupancy) or $2349.00 (single occupancy) is due ***June 1, 2027***.



November 2026 Schedule

Check out this month's Daily Activities section for a day-by-day listing of regularly scheduled programs and activities.

COMMUNITY GARDENING - Our community garden is **available anytime** for members to enjoy. Stop by, lend a hand, and help our garden grow.

AFTERNOON GAMES - Available **daily after 12 Noon**. Bring your group and be ready to play. Once a month, please bring a snack to share.



BINGO - Ready to play? BINGO is **every Wednesday** from **1:00-2:45 pm**. Come play, have fun, and enjoy some fellowship! Once a month, please bring a snack to share!

CHAIR FUSION - **Amy Tinsley** is back on **Thursdays @ 10:30 am** to lead this fun chair workout, full of simple exercises designed to improve strength, flexibility, and balance.



DANCE FITNESS - Enjoy a one-hour, calorie-burning rhythmic workout led ***via video*** by **Amy Tinsley** on **Fridays @ 10:30 am**.

DAYLIGHT SAVINGS TIME ENDS - **Sunday, November 1, 2026** - Don't forget to turn those clocks back and enjoy an extra hour of sleep.

COOKING WITH THE SEASON - Sarah Sowders, Family and Consumer Science Agent, will be back **Monday, November 2 @ 10:30 am** for another exciting session of *Cooking with the Season*. In this session, we will take a closer look at a Thanksgiving favorite and discover how to make it healthier while keeping all the deliciousness you love!

EMS VITALS - Our local EMS team will be available on **Wednesday, November 4 @ 10:15 am** to check your blood pressure and other vital signs.

GOLDEN CHIMES - Wednesday, November 4 @ 10:45 am - Participate in our handbell choir for a fun musical experience filled with rhythm, laughter, and teamwork! No experience necessary! Just bring your enthusiasm and a love for trying something new.

PAPER POSSIBILITIES - **Thursday, November 5 @ 9:00 am**—A place to get creative with paper, crafting everything from unique cards to original creations. Registration is needed.

CHARLOTTE'S WEB - **Thursday, November 5 - Departing @ 9:00 am** - Our next adventure takes us to the College of the Albemarle for their production of *Charlotte's Web*. Step into a beloved story brought to life on stage. Enjoy lunch on your own after the show at a local restaurant. Registration is closed.

OUTDOOR GAMES - Bring a partner on **Friday, November 6 @ 10:00 am** and come enjoy our outdoor games. Bocce, shuffleboard, pétanque, and more will be available.

VETERANS DAY SALUTE - Join us **Monday, November 9 @ 10:30 am** as we come together to honor and thank the brave veterans who served our country.

LET'S GO SHOPPING - **Tuesday, November 10** - Departing **@ 9:00 am**—Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship at Lynnhaven Mall. 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.

CLOSED - We are **CLOSED** on **Wednesday, November 11, 2026,** in observance of Veterans Day.



Did You Know...

Skunks have poor eyesight? They rely heavily on their sense of smell and hearing to find food and detect danger.





November 2026 Schedule Continued...

ACRYLICS - Turn a blank canvas into your own unique masterpiece with **Penny** on **Thursday, November 12 @ 9:00 am**. This month, we will create a peaceful church steeple surrounded by the beauty of fall leaves. Class size is limited! Registration is needed! Cost: $5.00

CENTER CINEMA - Join us on **Friday, November 13 @ 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

THE RUDY THEATRE: CHRISTMAS JUBILEE - Tuesday, November 17 - Departing @ 8:15 am - Kick off the holiday season at the Rudy Theatre with Christmas music, laughter, and festive fun! Lunch will be on your own. Registration is closed.

CRAFT WITH PENNY - Meet **Penny** in the Craft Room on **Thursday, November 19 @ 9:00 am** and create your own fresh winter arrangement to brighten your home. Register today! Class size is limited. Cost: $3.00

SEW MUCH FUN - **Thursday, November 19 @ 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!

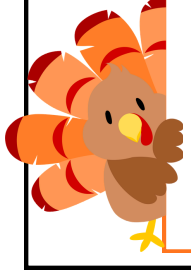


THANKSGIVING SLICE OF FUN - Let's come together **Friday, November 20 @ 1:00 pm** for a joyful afternoon filled with fun trivia, delicious pie, and plenty of smiles.

DIGITAL SKILLS - Ready to feel more confident with mobile banking? Join **Gabriela Gervasio**, ECU Research Technician, on **Monday, November 23 @ 10:30 am** to learn how to make the most of your mobile banking while staying safe and secure.

HOMETOWN ADVENTURE - **Tuesday, November 24** - **Departing @ 9:00 am** - Take an adventure close to home! Join us as we shop at two local favorites, W.E. Nixon's & Grace At Home Treasures. Lunch will be on your own. Registration is required. A transportation fee of $3.00 is due upon sign-up.

CLOSED -We will be **CLOSED Thursday, November 26 & Friday, November 27, 2026**, in observance of the Thanksgiving Holiday.

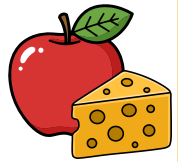


Center Staff:

LuRee Sawyer
Penny Trueblood
Bert Gordon
Erica Cartwright
Jenny Coppersmith

DIGITAL SKILLS - Continue to build your digital confidence with **Gabriela Gervasio,** ECU Research Technician, on **Monday, November 30 @ 10:30 am** to learn about the different ways to send and transfer money electronically.

Apple Cheddar Turkey Melt



Ingredient

- 4 slices of bread
- 6 oz. sliced turkey
- 2 slices sharp cheddar
- ½ apple, thinly sliced
- 1 tbsp. honey mustard
- 1 tbsp. mayonnaise
- ½ tbsp. butter
- Cranberry sauce, optional

Directions

Mix mayonnaise and honey mustard. Spread on bread and layer with turkey, cheddar, apple, and cranberry sauce, if desired. Butter the outside of each sandwich. Cook in a skillet over medium-low heat 3–4 minutes per side, until golden brown and the cheese is melted. Slice and serve warm.

Tip:

Use leftover Thanksgiving turkey and cranberry sauce for an easy day-after-Thanksgiving lunch!