



Perquimans County Center for Active Living
 1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944
 (252) 426-5404 Website: pcactiveliving.org



May 2025 Newsletter

YARD SALE

June 21, 2025

Registration & Payment
 due by: **May 1, 2025**

For more information, contact
 Penny @ (252) 426-5404

Museum Café

May 12 & May 28, 2025

8:30 am

Do you enjoy learning about
 local historical topics? Are you a
 lover of coffee? Join us!

Register Today!

**Norfolk , Virginia Zoo
 June 3, 2025**



It's ShowTime!

May 22, 2025



Join us at the Edenton United Methodist Church for the Albemarle Senior Games Showcase! It is sure to be a show full of amazing talent!

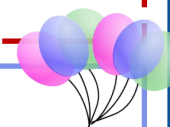
*For more information, contact **Kayla White @ (252) 404-7088***

Are you interested in traveling with us to see the Biltmore Estate in Asheville, NC, during the Christmas season?

Secure your spot TODAY!

The First Deposit of \$250.00 is due **August 6, 2025!** Don't forget to bring a separate check for travel insurance!

More trip information on the next page



Congratulations!

We are so proud of everyone's hard work and participation in this year's Albemarle Senior Games! Your dedication and commitment are truly appreciated.

*"It's not whether you win or lose,
 It's how you play the game." Grantland Rice*

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.

Take Control:

**Your Fun & Fresh Path to
 Better Health!**

Join **Sarah Sowders**,
 Cooperative Extension's Family
 and Consumer Science Agent,
 for this exciting, 8-session
 journey to feeling your best!

Each 1-hour session is filled
 with hands-on fun cooking
 demos, the discovery
 of delicious, healthy recipes,
 and nutrition tips that actually
 fit into your life. Plus, you'll set
 goals, track progress, and
 celebrate small wins along the
 way!

Ready to make healthy living
 exciting? Let's do this!

**Begins June 9, 2025
 @ 10:30 am**

**All Gave Some,
 Some Gave All...**

**Remember them this
 Memorial Day!**





UPCOMING TRIP



**1st Deposit
due NOW!**

BILTMORE ESTATE IN ASHEVILLE, NC

December 10—December 12, 2025

Your 3 Day/2 Night trip package includes a Holiday Dinner at the Biltmore Estates, a Fabulous Holiday dinner at the Omni Grove Park Inn, Asheville, NC, a viewing of the Entries to the National Gingerbread House Competition, a self-guided "Candlelight" Tour of The Biltmore House, a guided tour of Asheville, NC, admission to the Biltmore Estates Gardens and grounds, Antler Hill Village, and Winetasting at the Famous Biltmore Estate Winery. See the flyer at the center or check out our website for more details: **pcactiveliving.org**

Price: \$619.00 (per person – double occupancy) or \$719.00 (single occupancy)

Travel Protection: Travel Protection can be purchased at \$79.00 (per person). If you wish to purchase Travel Protection, please send in 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 policy applies.

Payment Information: The first deposit of \$250.00 is due August 6, 2025. The final deposit of \$369.00 (per person - double occupancy) or \$469.00 (if single occupancy) is due October 1, 2025.

Luggage: One piece of luggage per patron with an additional carry-on to be



LONDON ENGLAND & COUNTRYSIDE

April 7—April 14, 2026

Your 8 Day/6 Night trip package includes a full day of guided bus touring with meet & greet in London, a visit to Windsor Castle, the Tower of London, Kensington Palace, Stonehenge, and the Canterbury Cathedral, a sightseeing Boat Cruise on the Thames River, and a charming tour of the Cotswold's Villages with included Tea Stop. See the flyer at the center or check out our website for more details: **pcactiveliving.org**

Price: \$4399.00 (per person – double occupancy) or \$6399.00 (single occupancy)

Travel Protection: Travel Protection can be purchased at \$499.00 (per person—double occupancy) or \$752.00 (single occupancy). If you wish to purchase Travel Protection, please send in 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 policy applies.

Payment Information: The first deposit of \$250.00 is due **May 1, 2025**. The second deposit of \$1000.00 is due by September 26, 2025. The final deposit of \$3149.00 + \$100.00 gratuity (per person - double occupancy) or \$5149.00 + \$100.00 gratuity (if single occupancy) is due December 8, 2025.

Luggage: One piece of luggage per patron with an additional carry-on to be stored in the overhead compartment.



For Information and/or Reservations, Please Contact: LuRee Sawyer @ (252) 426-5404



MAY 2025 — SCHEDULE

Review our monthly calendar for more regular scheduled activities!

POWER HOUR — Join Certified Fitness Instructor **Amy Tinsley** on **Tuesdays @ 10:00 am** in the gym and participate in an hour packed with guidance, support, and motivation! Class begins in the back activity room! **Last Class: May 27, 2025**



DANCE FITNESS — Enjoy a one-hour, calorie-burning, rhythmical workout with **Amy Tinsley** on **Fridays @ 10:30 am**. Suitable for all fitness levels!

ROCK PAINTING—Participate in this opportunity on **Thursday, May 1 @ 9:00 am** to paint rocks with friends to share in your community.

NATIONAL DAY OF PRAYER— **May 1, 2025**— “Pour out to the God of hope and be filled” Romans 15:13

PERFORMING ARTS SHOWCASE REHEARSAL — **Thursday, May 1**, departing the Center **@ 12:30 pm**— (*For Participants **ONLY***) Travel together to the Edenton United Methodist Church for the Performing Arts Showcase Rehearsal. On-stage practice begins **@ 1:00 pm**. You can drive separately: just be sure to check the Albemarle Commission's schedule for your performance time. Registration is required; space is limited.

STROKE AWARENESS — **Monday, May 5 @ 10:30 am**— To promote public awareness, please join **Gabrielle Corprew**, Local Regional Health Educator, as she shares the causes of strokes, their prevalence, and the lasting impact on individuals and families. As one of the leading causes of death in the United States, it is important to understand all warning signs, risk factors, and know how to act once these signs are recognized.

BOCCE & SHUFFLEBOARD— Join us **Tuesday, May 6 @ 10:30 am** for some fun in the sun while playing outdoor games!

EMS VITALS — **Wednesday, May 7 @ 10:30 am**—Our local EMS team will be available to check your blood pressure and vital signs.



HANDBELLS—You are welcome to join **Penny** on **Wednesday, May 7 @ 10:30** for handbells.

ACRYLICS — Join **Stella Faye Correia** on **Thursday, May 8 @ 9:00 am** and unleash your creative side through acrylic painting. Class Size is limited! Registration is required! Cost: \$2.00

COMMUNITY GARDENING — **Thursday, May 8 @ 9:00 am**— Experience working together and enjoying the benefits of gardening and developing friendships, followed by fellowship!

MOTHER’S DAY RECOGNITION — Swing by **Friday, May 9**, for a little treat for the Moms who are so sweet. Don’t forget to enter your name into our drawing to win a special Mother’s Day gift. Drawing will be held **@ 2:00 pm**, followed by a little fun!

MOTHER’S DAY — **May 11, 2025**— Happy Mother’s Day! Today, we celebrate the incredible women who have shaped our lives. Thank you for everything, Moms!

MUSEUM CAFÉ — Join us **Monday, May 12 @ 8:30 am** for an opportunity to enjoy a fresh cup of coffee with us while we enjoy learning about the various historical topics based on the area, we call home! See this session’s topic on our flyer.

HANDBELLS PRACTICE — Calling all handbell members! The Albemarle Senior Games are quickly approaching. Join **Penny** on **Monday, May 12 @ 10:30 am** to practice before the big day.

LANCASTER TRIP— **Tuesday, May 13**— **Thursday, May 15**—Bon Voyage, Travelers! Wishing you a safe and happy journey filled with lots of memories!



PHOTOGRAPHY 101—Join **Pam Hadden** on **Thursday, May 15 @ 10:30 am**. Be sure to bring your cell phone or other photo-taking device.

SEW MUCH FUN — Enjoy this opportunity to sew on **Thursday, May 15 @ 1:00 pm**. Some thread, fabric, and sewing tools are provided. Please register for this wonderful time of sewing and fellowship. Sewing machines are needed; however, they are not required. Costs: \$4.00



MAY 2025 — SCHEDULE CONTINUED

HORSESHOES — Come join us **Friday, May 16 @ 1:00 pm** for a delightful afternoon of fellowship and horseshoes!

MEMORIAL DAY TRIBUTE — **Monday, May 19 @ 10:30** — Be a part of remembering and honoring those who lost their lives serving our country.

COMMUNITY GARDENING — **Thursday, May 20 @ 9:00 am** — Experience working together and enjoying the benefits of gardening and developing friendships, followed by fellowship!



TERRI'S CARD MAKING AND STAMPIN' — **Tuesday, May 20 @ 10:00 am** — Join **Terri Valentine** in making one-of-a-kind cards using stamps! Class size is limited. Registration Required!

STAYING CONNECTED: IMPROVING DIGITAL LITERACY FOR OLDER ADULTS — **Wednesday, May 21 @ 10:30 am** — Join **Bradley Yates**, Digital Navigator with Albemarle Commission, for a digital navigator workshop! Register today!

PERFORMING ARTS SHOWCASE — **Thursday, May 22 @ 2:00 pm** at Edenton United Methodist Church. All can attend to cheer on our Center's performers! Those who are performing in the showcase can sign up to ride together from the Center—departing **@ 12:15 pm**. Prior registration is required; limited seating.



MEMORIAL DAY — The Center will be **CLOSED, May 26, 2025**, in observance of Memorial Day.

LET'S GO SHOPPING — **Tuesday, May 27**, leaving the Center **@ 9:00 am** — Take a trip with us to the Greenbrier, VA area and shop til' you drop! It will surely be a day of fun and fellowship! Registration is required, with a limit of 14. Transportation costs: \$3.00

MUSEUM CAFÉ — Join us **Monday, May 28 @ 8:30 am** for an opportunity to enjoy a fresh cup of coffee with us while we enjoy learning about the various historical topics based on the area, we call home! See this session's topic on our flyer.



CRAFT WITH PENNY — **Thursday, May 29 @ 9:00 am** — Is the beach calling your name? Unleash your creative side with **Penny** and make a sea glass night light for your home. Cost: \$5.00

PLANETARIUM/TEXAS ROADHOUSE — **Friday, May 30** — leaving the Center **@ 10:15 am** — Come with us as we travel to the Elizabeth City State University Khan Planetarium to see the stars. While out exploring space, we will have lunch at Texas Roadhouse! Reservation Required. Transportation Cost: \$3.00

Center Staff:

LuRee Sawyer	Penny Trueblood
Bert Gordon	Erica Cartwright
Nutrition: Jenny Coppersmith	

Choir Schedule



Riddle Me This...



What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. Has a mouth, but never eats?

A river

Thursday, May 1 — Leaving the Center @ 12:15 pm	Showcase practice at the United Methodist Church Edenton @ 1:00 pm
Thursday, May 8 — Leaving the Center @ 12:15 pm	Eat at Taco Bell Sing @ 2:00 pm at Heritage Care
Thursday, May 15 — Leaving the Center @ 12:15 pm	Eat at Mamasita's Sing @ 2:00 pm at Chowan River
Thursday, May 19 — Arrive @ 10:00 am	Sing @ 10:30 am at the Center for Active Living
Thursday, May 22 — Leaving the Center @ 12:15 pm	Showcase at the United Methodist Church Edenton @ 2:00 pm
Thursday, May 29 — Leaving the Center @ 12:15 pm	Eat at Quality Seafood Sing @ 2:00 pm at Laural Park/Citadel

Did You Know?

Approximately one-quarter of all the flowers purchased throughout the year are bought for Mother's Day.