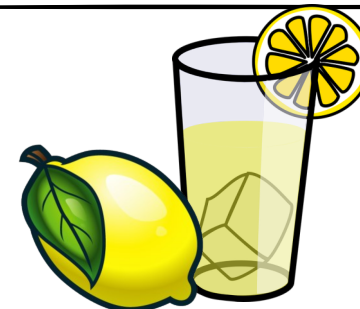


## Perquimans County Center for Active Living

1072 Harvey Point Road / P.O. Box 615, Hertford, NC 27944

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

# August 2025 Newsletter



## Hurricane Preparedness

**August 4, 2025 @ 10:30 am**

Ready or not...

**Hurricane Season is here!**

Join our local EMS team as they share:

- Tools to stay safe and confident during hurricane season
- The importance of early planning
- How preparation reduces stress and ensures better outcomes during emergencies



## Senior Citizen's Day August 21, 2025

On this special day, we celebrate your wisdom, strength, and countless contributions! Thank you for being such an important part of our Center!

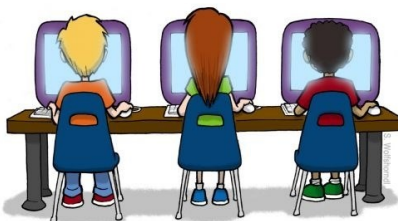
## Digital Skills Classes Coming Soon...

You've been asking for it,  
and now it is here!

**Begins August 11, 2025  
@ 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!



Has your personal information changed? New address, phone number, or medication?

See a staff member today to update your records!

## Shred & Shield: Protect Yourself from Fraud & Scams

**September 16, 2025**

Join us and learn to protect yourself and loved ones from scams and fraud. Get updates on local scams, understand your Medicare benefits, and learn how to keep them safe!

### Speaking Event

10:00 am—11:30 am

### Shred Truck

10:00 am—1:00 pm

*\*Bring your documents to be destroyed\**

### 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.*

## **Upcoming Trip**

### **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](http://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 \$369.0 (per person - double occupancy) or \$469.00 (if single occupancy) is due October 1, 2025.



### **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](http://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 **Now**. 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.



## **Upcoming Digital Skills Topics**

### **Module 1: August 11<sup>th</sup>**

#### **Basic Computer Skills**

Teaches participants how to navigate devices, create an email account, and how to use a word processing software

### **Module 2: August 18<sup>th</sup>**

#### **Online Safety and Privacy**

Teaches participants how to recognize and report scams and create strong passwords

### **Module 3: August 25<sup>th</sup>**

#### **Finding Trusted Information Online**

Teaches participants how to evaluate information and find trusted sources online

### **Module 4: September 8<sup>th</sup>**

#### **Using Healthcare Online**

Teaches participants about telehealth and how to access or create a patient portal

### **Module 5: September 15<sup>th</sup>**

#### **Smartphone Basics**

Teaches participants how to navigate smartphones, download apps, and use various communication tools

***Review our flyer for more upcoming topics!***

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



## AUGUST 2025 — SCHEDULE

*Review our monthly calendar for more regular scheduled activities!*

**DIGITAL SKILLS**— Join **DaChella Gupton**, ECU Community Engagement Coordinator, for this 8-session digital skills learning workshop designed to help you expand your confidence using technology. Each session will cover a different topic. From basic computer skills to using healthcare online, this workshop has something for you! Class will be held: **Every Monday starting August 11 @ 10:30 am and ending October 6 @ 10:30 am**. Register Today!

**COMMUNITY GARDENING** — **Wednesdays @ 8:30 am**— Experience working together and enjoying the benefits of gardening and developing friendships, followed by fellowship! Please stop by and help us water the garden anytime!



**HURRICANE PREPAREDNESS**— Proper planning prevents poor performance. Engage with our local EMS team on **Monday, August 4 @ 10:30 am** as they share the importance of hurricane preparedness. We will discuss the importance of early planning, what tools will help us stay safe and confident during hurricane season, and how preparation can reduce stress and lead to better outcomes during emergencies.

**MR. TED'S POETIC STORYTIME** — **Monday, August 4 @ 1:00 pm**— Come along and discover the joy of language with a magical story time with our very own **Mr. Ted Weeks**!

**HOMETOWN ADVENTURE**—**Tuesday, August 5**, departing **@ 9:00 am**—Join us for a delightful day of discovery as we journey to Plymouth, NC to explore the local exhibits and hidden gems! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

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

**HANDBELLS**—Come join us as **Penny** leads handbells on **Wednesday, August 6 @ 10:30 am**. When we ring together, harmony happens!

**SWIMME & SON** — You're invited to join us at the Swimme & Son Home Fest Open House Event on **Friday, August 8**—departing **@ 10:15 am**. Come explore a day filled with home safety resources, grilling tips, gardening inspiration, food, prizes, and so much more! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.




**MOVIE**— **Tuesday, August 12**—Departure time **TBD**—Travel with us as we go see a new movie on the big screen. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**SUN SAFETY**—Join Local Albemarle Regional Health Educator, **Gabrielle Corprew**, on **Wednesday, August 13 @ 10:30 am** for an informative session on year-round skin protection. Learn how to choose the right sunscreen, protect your skin in every season, and spot the warning signs early with regular skin checks. Your skin is your body's largest organ. Let's learn how to take care of it together!

**ACRYLICS** — Discover the joy of painting with acrylics with **Sandra Henley** on **Thursday, August 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 required! Cost: \$5.00



**SPLISH, SPLASH, BASH**— **Thursday, August 14**, departing **@ 12:15 pm**—  
 Suit up and bring your towel! We are heading for the pool! Join us as we travel to The Pines to enjoy a refreshing afternoon packed full of sunshine and splashes! Registration is required, with a limit of 14. Trip Costs is \$14.00 and is due upon sign-up.



Riddle Me This...



I am green on the outside, and red within,  
a summer bite that makes you grin. What am I?

Watermelon



## AUGUST 2025 — SCHEDULE CONTINUED

**OUTDOOR GAMES**— Bring a partner on **Friday, August 15 @ 10:00 am**, and play some competitive outdoor games!

**LET'S GO SHOPPING** — **Tuesday, August 19**, leaving the Center **@ 9:00 am**— Grab your friends and get ready for a fabulous day of shopping, laughter, and fellowship in Elizabeth City. From fashion finds to local favorites, there is something for everyone to enjoy. We will be enjoying lunch at the Royal Buffet. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

**WORLD SENIOR CITIZEN'S DAY**— **Thursday, August 21, 2025**— At the Center, we are proud to serve and support such a vibrant group of individuals. Your presence makes a difference every day. Stop by any time today and enjoy a freshly baked cookie and a cold glass of lemonade!

**CRAFT W/ PENNY**— **Thursday, August 21 @ 9:00 am**—Design and create a beautiful, jeweled garden art piece with the guidance of Penny! Class size is limited! Registration is required! Cost: \$2.00

**OUTDOOR GAMES**— Bring a partner on **Friday, August 22 @ 10:00 am**, and play some competitive outdoor games!

**TERRI'S CARD MAKING AND STAMPIN'!** — **Tuesday, August 26 @ 10:00 am** — Join **Terri Valentine** and enjoy creating a truly unique, personalized greeting card using stamps, ink, papers, and more! Class size is limited. Registration Required!

**MUSEUM CAFÉ**— **Tuesday, August 26 @ 1:00 pm**—Savor a freshly brewed cup of coffee while exploring the history of the place we call home! This session's topic is "Native Americans of Northeastern North Carolina: A Brief History."

**SUE'S CLAY CRITTERS**— Get creative with Sue Stokely on **Thursday, August 28 @ 9:00 am** as you shape, sculpt, and bring a small charming animal figurine to life using clay!

**PHOTOGRAPHY 101** — Oh Snap! On a break...See you in September!

### POWER HOUR

Starting in September, Power Hour will return on the first Tuesday of every month!



#### Center Staff:

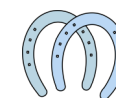
|                              |                  |
|------------------------------|------------------|
| LuRee Sawyer                 | Penny Trueblood  |
| Bert Gordon                  | Erica Cartwright |
| Nutrition: Jenny Coppersmith |                  |

*The choir will be on a break for August.*

#### Did You Know?



In 1905, an eleven year old child invented Popsicles



### YOGA

**Begins September 9, 2025**

**9:30 am—10:30 am**

Join Certified Yoga Instructor, **Amy Tinsley**, for this 8-session yoga journey designed just for you.

Enjoy gentle movements, mindful breathing, and plenty encouragement every step of the way.

*Please bring your own yoga mat!*

