



Perquimans County Center for Active Living

1072 Harvey Point Road, Hertford, NC 27944

(252) 426-5404 Website: pcactiveliving.org

August 2026 Newsletter

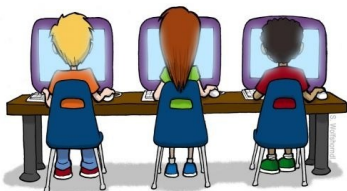


Digital Skills

**Begins Monday
August 3 @ 10:30 am**

Technology doesn't have to be intimidating!
Join **DaChelle Gupton**, ECU Community Engagement Coordinator, for this 8-module Digital Skills Learning Series designed to help build your confidence with today's technology.

Explore smartphones, computer basics, Microsoft Word, online healthcare, internet safety, and so much more!



See the next page for class dates and upcoming topics!



Text "PerqES" to 99411
to enroll or visit
www.PerquimansCountyNC.gov
and click enroll in Code Red.

Voluntary Special Needs?
See Staff to Register

SENIOR SUMMER CAMP

Summer fun doesn't have an age limit!

Spend **every Friday in August** making memories and enjoying exciting activities with fellow campers.

Senior Summer Camp includes Cards Around the Campfire, Music & Moves at the Lodge, Sweets at the Lodge, and Campfire Karaoke.

Come for the fun and stay for the friendship!



Labor Day Celebration

**FRIDAY
September 4, 2026
12:00 PM**



Cost: \$5.00



MEDICARE 101

**September 23, 2026
10:30 am**

Join Ashley Lamb, SHIP Coordinator, and get the information you need to navigate Medicare with confidence.

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.

Digital Skills

Learning Series

Join DaChelle Upton, ECU Community Engagement Coordinator
and learn more about the following topics:

Module 1: August 3rd

Basic Computer Skills

Gain confidence with basic computer skills, internet browsing, and everyday tasks.

Module 2: August 10th

Online Safety & Privacy

Learn simple ways to avoid scams and protect your personal information online.

Module 3: August 17th

Finding Trusted Information Online

Discover how to search the internet and identify trustworthy websites.

Module 4: August 24th

Using Healthcare Online

Learn how to attend virtual appointments and use online healthcare tools.

Module 5: August 31st

Smartphone Essentials

Learn smartphone basics, download apps, and use communication tools.

Module 6: September 14th

Smartphone Extras

Explore device settings, organize apps, and use helpful built-in productivity tools.

Module 3: September 21st

Intro to Social Media

Learn to navigate social media, manage privacy settings, and stay connected with local organization.

Module 4: September 28th

Artificial Intelligence

Understand the advantages, challenges, and practical uses of artificial intelligence (AI).

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



*For more information,
please contact LuRee Sawyer at
(252) 426-5404*



AUGUST 2026 — SCHEDULE

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

DIGITAL SKILLS — Join **DaChelle Gupton**, 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 to September 28 @ 10:30 am**. See flyer for more information.

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.

HEALTHY LOSERS (Formally 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.

SENIOR SUMMER CAMP—Summer fun doesn't have an age limit! Join us **every Friday in August from 2:00—4:00 pm** and enjoy fun-filled activities, new experiences, and great company!

EMS VITALS—Our local EMS team will be available on **Wednesday, August 5 @ 10:15 am** to check your blood pressure and other vital signs.

GOLDEN CHIMES—**Wednesday, August 5 @ 10:30 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.

DOWDY PARK—There's still time to join us! Due to inclement weather, our trip to the Dowdy Park Farmers Market has been rescheduled for **Thursday, August 6**, leaving the Center at **8:15 am**. A few seats are still available, so register today! A \$3.00 transportation fee is due upon registration, and participation is limited to 14 people.

PAPER POSSIBILITIES CRAFT—**Thursday, August 6 @ 9:00 am**—Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

Riddle Me This...

I don't have a teacher, but I help you learn. I don't have a voice, but my pages can tell thousands of stories.

What am I?

Books
Library

SUMMER CAMP: CARDS AROUND THE CAMPFIRE—

Gather around the table on Friday, **August 7 @ 2:00 pm** for an afternoon of card games and fun. Don't know how to play? That's okay! Come learn a new game with fellow campers.

CENTER CINEMA —Join us on **Monday, August 10 @ 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

Healthy Losers

Every Thursday

9:30—11:00 am

If you are looking for friends to encourage you through the ups and downs of weight loss and healthy eating, join us for a friendly support group where we share tips, motivation, and encouragement.





AUGUST 2026 — SCHEDULE CONTINUED

OUTDOOR GAMES—Bring a partner on **Tuesday, August 11 @ 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, August 13 @ 9:00 am**. This month we will be painting a sunset cowboy silhouette. 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!

SUMMER CAMP: MUSIC & MOVES AT THE LODGE—Head to the Center on **Friday, August 14 @ 2:00 pm** for a lively afternoon of line dancing, upbeat music, and plenty of smiles. Whether you're a seasoned dancer or just love a good tune, this is one summer camp activity you won't want to miss!

LET'S GO SHOPPING—**Tuesday, August 18**, leaving the Center **@ 9:30 am**—Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship in Downtown Edenton. 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.

BLOOMING BOOKS: FOLDED BOOK VASE—Turn an old book into a beautiful decorative vase on **Thursday, August 20 @ 9:00 am**. Just a few simple folds can create a stunning piece of décor! Register today!

NATIONAL SENIOR CITIZENS DAY— On **August 21, 2026**, we celebrate the National Senior Citizens Day. We are grateful for the wisdom, laughter, and sense of humor you bring to the Center every day!

SUMMER CAMP: SWEETS AT THE LODGE—Sweeten your day with us on **Friday, August 21 @ 2:00 pm**. Bring your favorite dessert to share and enjoy an afternoon filled with delicious treats and great company.

Center Staff:

LuRee Sawyer

Bert Gordon

Penny Trueblood

Erica Cartwright

Jenny Coppersmith

PAPER POSSIBILITIES—**Thursday, August 27 @ 1:00 pm**—Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

SUMMER CAMP: CAMPFIRE KARAOKE— La, la, la, la, laaaa! Join us on **Friday, August 28 @ 2:00 pm** as we celebrate the final day of Senior Summer Camp with an afternoon of karaoke. Grab a microphone, sing your favorite tunes, and help us end camp on a high note! Not a singer? No worries! Come enjoy the entertainment and fun!

PHOTOGRAPHY 101— Photography 101 is on summer break. See you in September!

Did You Know...

The average pencil can draw a line about 35 miles long or write around 45,000 words.

Peach Parfaits

Ingredients

- 2 Cups of Vanilla Yogurt
- 2 Fresh Peaches, Diced
- 1 Cup of Granola
- Optional: Honey for Drizzling
- Optional: Cinnamon for Sprinkling

How to make

1. In 4 small glasses, add a layer of yogurt
2. Top with a layer of Peaches
3. Add of Layer of Granola
4. Repeat until Glasses of full
5. Top with a drizzle of honey and sprinkle with cinnamon

