



Perquimans County Center for Active Living

1072 Harvey Point Road, Hertford, NC 27944

(252) 426-5404

Website: www.pcactiveliving.org



October 2026 Newsletter

DRIVE-THRU *Shred Event*

When?

October 13, 2026
10:00 am - 1:00 pm

Where?

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



Flu Vaccine CLINIC



October 14, 2026
9:00 am - 12 Noon

Please register by October 7, 2026

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

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.

Ashley Lamb

Family Caregiver Resource Specialist
SHIP Coordinator

512 S. Church Street, Hertford, NC
(252) 404-7090 | alamb@accog.org

Be alert for Medicare Fraud!
Protect yourself during this Open
Enrollment period. Be cautious of
unsolicited calls asking for your
Medicare number or personal
information. Medicare will never call
you unexpectedly asking for you
Medicare number or other sensitive
information.

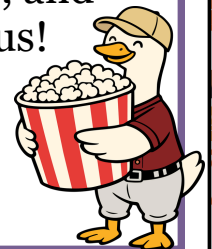
STATEMENT OF PURPOSE

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.

POP INTO *FALL*

Come snack, mingle, and
kick off fall with us!

October 30, 2026
1:00 pm



SAVE THE DATE

The Rudy Theatre CHRISTMAS JUBILEE

November 17, 2026

Register by: October 30, 2026



SAVE THE DATE

Don't miss out!
See the flyer for more information!

Charlotte's Web

November 5, 2026

Travel to COA Performing Arts Center
for their production of
Charlotte's Web

Veterans Day Salute

November 9, 2026

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

Thanksgiving Slice of Fun

November 20, 2026

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

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.

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.



October 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.

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

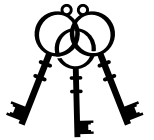
DANCE FITNESS - Enjoy a one-hour, calorie-burning rhythmic workout led **via video** by Amy Tinsley on **Fridays @ 10:30 am**.



PAPER POSSIBILITIES - **Thursday, October 1 @ 9:00 am**—Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

CHOWAN COUNTY FAIR - **Thursday, October 1** - Departing **@ 4:00 pm** - Join us for Senior Night at the 80th Annual Chowan County Regional Fair. Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

THE LANDINGS OF THE ALBEMARLE - Come out on **Monday, October 5 @ 10:30 am** and learn more about The Landings of the Albemarle from Carlos Hughes, Area Sales Manager. Get a closer look at the facility, amenities, and services they have to offer.



ESCAPE ROOM - **Tuesday, October 6, 2026** - Departing **@ 8:45 am** - Travel through history as you tackle riddles, uncover hidden clues, and work together to unlock your escape! Registration is required, with a limit of 14. A transportation fee of \$3.00 is due upon sign-up.

SOUND JOURNEY - Join Annemarie Whidbee, Sound Healing Facilitator, on **October 6 @ 9:30 am** and step away from the busyness of everyday life and give yourself time to slow down, relax, and be present.

EMS VITALS - Our local EMS team will be available on **Wednesday, October 7 @ 10:15 am** to check your blood pressure and other vital signs.

LET'S TALK RESIDENTS' RIGHTS - In recognition of Residents' Rights Month, join Melissa Hines, RN, CCM, Regional Long-Term Care Ombudsman, on **Wednesday, October 7 @ 10:30 am**. Learn more about the Long-Term Care Ombudsman Program and how it helps promote quality care and quality of life.

ACRYLICS - Turn a blank canvas into your own unique masterpiece with Penny on **Thursday, October 8 @ 9:00 am**. This month, we will create a charming pumpkin inspired by the beauty of fall. 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! Cost: \$1.00

OUTDOOR GAMES - Bring a partner on **Friday, October 9 @ 10:00 am** and come play outdoor games. Bocce, shuffleboard, pétanque, and more will be available for play.

COOKING WITH THE SEASON - Sarah Sowders, Family and Consumer Science Agent, will be back **Monday, October 12 @ 10:30 am** for another exciting session of Cooking with the Season. In this session, we will explore how to turn simple seasonal ingredients into a beautiful, delicious charcuterie board.

LET'S GO SHOPPING - **Tuesday, October 13** - Departing **@ 9:00 am**—Grab your friends and join us for a fabulous day of shopping, laughter, and fellowship at the Outer Banks. 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.

Riddle Me this....

I spend the fall collecting
what I'll need for winter,
but often forget where
I put it. What am I?

A Squirrel





October 2026 Schedule



Did You Know...

Ducks can sleep with one eye open! They can rest half of their brain while keeping the other half alert.

DRIVE-THRU SHRED EVENT - Tuesday, October 13 from 10:00 am - 1:00 pm - Clear the clutter and protect yourself! Albemarle Commission is hosting a Drive-Thru Shred Event at their office, located at 512 S. Church Street, Hertford, NC. Bring those old documents for safe and secure shredding.

FLU VACCINE CLINIC - Wednesday, October 14 from 9:00 am to 12 noon - Protect yourself this season. Albemarle Regional Health Services will be on-site to offer a Flu Vaccine Clinic. Bring your Medicare/Insurance Card. Charges may apply. Registration is required.

CRAFT WITH PENNY - Meet Penny in the Craft Room on Thursday, October 15 @ 9:00 am and get yourself in the Christmas spirit by creating a charming gingerbread jar with decorative wooden spoons. Register today! Class size is limited. Cost: \$2.00

SEW MUCH FUN - Thursday, October 15 @ 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!

BOOST YOUR MEMORY - Put your memory to the test! Join Crystal Roberson on Monday, October 19 @ 10:30 am for an entertaining and practical session about memory and brain health!

HISTORICAL VILLAGE AT THE DISMAL SWAMP CANAL - Tuesday, October 20 - Departing @ 8:30 am - Explore historic buildings, discover early life in the area, and hear stories of those who lived and worked along the canal. 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.

CENTER CINEMA - Join us on Friday, October 23 @ 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

GEORGE WASHINGTON: PERQUIMANS COUNTY LANDOWNER - Step back in time on Monday, October 26 @ 10:30 am with local historian and Perquimans County native Steve Casper as we explore our county's fascinating history and George Washington's connection to it.

Center Staff:

LuRee Sawyer
Penny Trueblood
Bert Gordon
Erica Cartwright
Jenny Coppersmith

PAPER POSSIBILITIES - Thursday, October 29 @ 1:00 pm—Where creativity comes to life through paper crafts, from unique cards to original creations. Class size is limited. Registration is needed.

POP INTO FALL - Celebrate the season with us on Friday, October 30 @ 1:00 pm. Enjoy a delicious popcorn bar loaded with all your favorite toppings!

Got Leftover Candy?

Don't let those extra Halloween treats go to waste! Turn leftover candy into fun and easy desserts, snacks, and toppings the whole family can enjoy.

A few ideas: Mix chopped candy into cookies or brownies, sprinkle it over ice cream, or add it to popcorn and pretzels for a sweet-and-salty snack!

