Community Events Bulletin: February 2020

This Community Events Bulletin is produced by the Communications Committee of the APPOA. We ask that the postings are sent only to the Email address: aphoassn@embarqmail.com as Email text or an attachment in Word document form. We will not reproduce flyers, pictures, etc. Please include the facts in summary and a contact name and number for further information. This Bulletin is published on the APPOA website at the beginning of each month.

For future inclusion in the next month’s edition, please Email your announcement no less than three days before the end of the previous month. Remember there is an Events Calendar on the APPOA Website and we strongly recommend you post your event on this calendar as an additional way for residents to get the information and plan accordingly.

The Bulletin contains announcements about area events/activities (in date order by organization) occurring mainly within a three-month time period. These events were submitted by residents, using the guidelines above. It will also be accessible on the APPOA website under ‘Announcements’.

Carolina Moon Theater
Don't miss the Grassabillies from Shelby, NC when they perform at 7pm on February 22nd at the Carolina Moon Theater, 110 West Academy Street, Hertford. Tickets are on sale NOW at Carolina Trophy, 109 N. Church Street.

Come out and audition on February 29th at 10am for our next play, The Red Velvet Cake War! Play dates are May 15, 16 & 17th. Visit our website for more information at carolinamoontheater.org

Contact: Lynn Raymond at 63lynner@gmail.com

Drawing and Painting Basics
Branch out and try something new. Start as a new student or continue to hone your artist skills, perhaps in other mediums. Instruction is individualized to meet your needs. This six-week course is offered by Annemarie Pomp*

Dates: 2020: January 27, February 3, 10, 24, March 2, 9 and make-up classes March 16 & 30.
Time: 10:30am – 12:30pm. Cost: $90.00. This class is limited to eight (8) students.
Location: The Albemarle Plantation’s Community Center’s Persimmon Room.

New students: emphasis will be on drawing skills, composition and color and will work in pencil, colored or watercolor pencils and oil pastels.
Continuing students: expansion of painting skills, through the introduction of different subject matter and new mediums. They may choose to work in the medium of their choice; oil pastels, acrylic, oil or watercolor paint.

*Annemarie Pomp is a multi-talented artist/instructor with over 30 years’ classroom experience who has developed the Drawing and Painting Basics course to help the aspiring artist learn how to develop basic skills. Paintings, jewelry, textiles and photography are among the vast variety of artistic works created by Annemarie. Her work can be seen locally at the Perquimans Arts League, Hertford, Chowan Arts Council, Edenton as well as on the Pocosin Arts Metals Guild blog and the Pocosin Arts website.

Annemarie's teaching experiences in drawing/painting has shown that, with the proper instruction, anyone can learn to draw and paint. It's simply a matter of interpreting what you see.

Contact: Annemarie Pomp at acpomp@pompsite.com.

Bible Study
The Study of Acts continues through February 26th on Wednesday mornings 8:30 – 10am.

Contact Janet Sandeen at 215-527-6050 or janet@sandeenfamily.net

Box Tops for Education
The Plantation is collecting Box Tops for Education. This is an ongoing item recommended by Sue Wielar and has been approved through Tara Taylor. These small labels can be found on hundreds of food items and they all have an expiration date. There is a box in the kitchen at the Community Center and every 2 – 4 weeks we will collect them and give them to the Grammar School. Each box top is worth at least 10 cents and some have special promotions. The school can use the money for any item to address needs at the school. Many of us have collected these in the past for our kids and grandchildren. Let us help provide additional funds for the local schools. Please turn them in often to avoid expiration. Thank You.

Contact: Sue Wielar at 426-1376
**Open Door Food Lion Cash Card Program**
Volunteers from the Open Door Food Pantry will be selling monthly Food Lion cash cards which you can use at any Food Lion grocery store. You choose the amount and the Food Lion Corporation will contribute an additional 5% to Open Door. Everybody wins! Convenience for you, business for Food Lion and hundreds of dollars for our Open Door Food Pantry.

Contact: Linda Burkhalter at 426-3491 for details.

**SOLOS**
This is a group started a couple of years ago by Eda Van de Bogart. It is an opportunity for widows, widowers and singles to get together once a month for dinner at Dockside or the Clubhouse. You will receive an email monthly regarding the date, time and place of the next dinner.

Sign up by contacting Rosie Brower at 426-4982 or ncbrowers@hotmail.com.

**Toastmasters**
The River City Toastmasters club feel we have something to improve your life in 2020! Other clubs may offer you the opportunity to get your body in physical shape. We offer you the opportunity to shape up your mind by sharpening your communications and leadership skills.

Toastmasters is a non-partisan educational organization with clubs all over the world. The organization provides its members a flexible, professionally designed program to improve their abilities in communication and develop their leadership potential. At River City Toastmasters you will learn and practice in a friendly, comfortable environment with people who are here for the same reason you are – to become better communicators and leaders. Remember, whether you are speaking to the board of directors, your customers, your neighbors or grandkids, Toastmasters can help you do it better!

River City Toastmasters meet on the 2nd and 4th Tuesday of every month, 6:30 to 7:30 PM. The location is Elizabeth City State University, Dixon Bldg./Rm. 120, 1704 Weeksville Rd., Elizabeth City, NC. Should you have questions, want to learn more about Toastmasters International or the River City Toastmasters club, please contact: Dean Engelhardt at dean.engelhardt@gmail.com Lets communicate in 2020!

**Volunteer Opportunities**
As part of APWC’s outreach to the community, each year we update a list of Volunteer Opportunities in the area. There are MANY NEW residents here who may not be aware of the wealth of options available to help out some very worthy causes. To find our 3-page document, go to www.appoa.us. Click on Clubs, select Women’s Club and then, on the club’s home screen, click on Community Service (1). You will find the PDF at the bottom of the committee’s description page.

Contact: Mary Cassidy at mcassidy@centurylink.net

**Fitness Classes**
Information on all Fitness Classes is available on the bulletin board at the Community Center. In addition you can choose to receive fitness email bulletins by going on the AP website, select My Profile, then Subscriptions and check Fitness News.

**Personal Fitness Trainer**
Janet Sandeen has certification through The American Aerobic Association International and International Sports Medicine Association. She can tailor a workout program designed specifically to help you meet your fitness goals and can meet with you once or on a routine basis. Benefits of Weight Lifting:

1. Improved ability to perform activities of daily living.
2. Improved bone density. One of the best ways you can control bone loss as you age is to add strength training into your workout plan.
4. Increased strength of connective tissue, muscles, and tendons. This leads to improved motor performance and decreased injury risk.
5. Improved quality of life.

Janet is also offering the following classes at the Albemarle Plantation Community Center:

**Mondays:** 9:30 – 10:15 AM - Low Impact Aerobics; 10:15 – 11:15 AM - Pilates  
**Wednesdays:** 9:30 Low Impact Aerobics (Garden Shed); 10:30 - Pilates (Cypress Room)  
**Fridays:** 9:30 – 10:15 AM - Low Impact Aerobics; 10:15 – 11:15 AM – Pilates

60 minute classes - $5 (10 class card is $40); 45 minute classes - $4 (10 class card is $32)

If you are interested in other classes at other times just let me know. High Impact or Low Impact and Pilates Combination classes are some ideas.

Contact: Janet Sandeen at 215-527-6050 or janet@sandeenfamily.net for more information.

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**Essentrics**

Kim Mascolo, a registered nurse, is a certified Essentrics instructor. **$5/ one hour class.**

Stretch, Strengthen & Tone. Perfect for men & women, this full body workout restores movement in your joints, flexibility in your muscles, improves balance and relieves pain.

**Mondays 11:15 a.m. - 12:15 p.m.  Wednesdays 9:30 a.m. - 10:30 a.m.  Saturdays 9:15 a.m. - 10:15 a.m.**

Contact - Kim Mascolo RN - kimm10573@gmail.com

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**The Bar Method**

We are offering the following Bar Classes at the Albemarle Plantation Community Center on Mondays, Wednesdays and Fridays at 8:20 - 9:30 a.m. These classes are a combination of The Bar Method DVS and The Bar Method Video streaming classes. There will be nominal fee of $5 for 15 classes per person to cover the cost of the video streaming subscription. For more information:

Contact: Sharon Jones at gejslt@aol.com or Kathy Mamczak at kmamczak@yahoo.com

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**20/20/20**

Maureen McNiff is a certified Group Fitness instructor who works at the YMCA in Elizabeth City. She is ACE, IFTA, First Aid, CPR and O2 certified in addition to other certifications she holds for teaching at the YMCA. She is a certified Les Mills Body Pump instructor as well as being certified in MOSSA Group Power, Group Active, Group Fight and Group Blast.

The 20/20/20 class she offers here at the Plantation is **20 minutes of cardio, 20 minutes of strength and 20 minutes of balance and flexibility.** The cardio part uses a step with or without risers. There are mats for underneath the steps to ensure stability and protect the floor. You would also have the option of not using a step at all. The strength part uses hand weights and the balance and flexibility varies – sometimes just your body with no weights or step! There are weights and steps/risers at the Community Center. There are also mats but some people prefer to bring their own mats.

**Starting on December 5th and continuing through January and February the class will be held on Tuesday, Thursday and Saturday at 10:30am in the Cypress Room.** Please wear comfortable clothing for exercising and sneakers or tennis shoes. Bring water and perhaps a small towel. The class is FREE so come and try it, you have nothing to lose.

(From April through December the class runs only on Saturdays at 10:30 am for about an hour.)

Contact Maureen at mfmcniff@gmail.com or 252-426-1483 for more information

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**Line Dancing**

On Mondays the **intermediate** class at 4:30 p.m. and **beginners at 5:30 p.m.** No experience necessary! We will teach you the basic steps and guide you as you learn new dances. It’s great exercise for the brain as well as the body, and we have fun! If you’ve ever thought you’d like to learn line dancing, here’s your chance. For more information,

Contact Sheryl Corr at 426-7463 or sherylcorr@embarqmail.com. Hope to see you there!
**Pickleball**
Monday, Tuesday & Thursday. 9:30-11:30 a.m. at the Perquimans County Recreation Center. Paddles available and no experience necessary. Seasoned players will teach you the basics so come and join the fun of this active court game resembling racquetball or tennis. As we do need to cancel from time to time, please call the Recreation Center to verify play on a given day **252-426-5695**. For more information
Contact: Sharon Jones 252-337-5249 or email gejslt@aol.com

**Yoga Class**
Every Tuesday morning Heidi Prewett from Inner Banks Yoga will be holding a multi-level Yoga class in the **Community Center Cypress Room** from **8:45 – 10:15 AM**. If you have any questions, please feel free to call Heidi at 609-865-1921 or,
Contact: Nancy Escheman at yoesch1@gmail.com or call 609-221-5504

**Back to Youth**
Dr. Yiping Fang teaches this 800 year old exercise program on the **1st and 3rd Thursday** of the month from **2:30 - 3:30pm** in the **Cypress Room** at the Community Center. It is designed to help aging bodies develop energy, balance and flexibility. No Fee.
Contact: Mimi Galgano at mimigalgano@msn.com or 426-3522

**Regular Monthly Events**

**Albemarle Carving Club**
The Albemarle Carving Club holds three carving sessions each week in the Carving Shack, next door to the Activity Center on **Thursday: 8:00 -11:00 & 11:00 - 2:00 and Friday morning: 9:00 - 12:00**. A good time to check out the club activities is any **Thursday** morning about **9:30 am**. Beginners are welcome.
Contact: John Balis at 426-3040 or johnbalis@inteliport.com

**Bingo**
Every **Thursday night** at the **Hertford American Legion Post 126**, located at 111, W. Academy St. in Hertford, Tel. 252-426-1679 across the street from the old library building in downtown Hertford. Doors open at **5:00 P.M.** Games start at **6:45 P.M.** Progressive Jackpot to **$200.00.** The second Thursday of each month a guaranteed Jackpot of **$500.00.** Food and Beverages are available.
Contact: Jim Colyer at jcolyer45@gmail.com

**Bowling**
We bowl on the **1st and 3rd Wednesdays** of the month at the Albemarle Lanes, Elizabeth City starting at **2:30PM.** This is not a formal league with set teams-- just a group of bowlers getting together for fun. Come whenever you want. Single individuals and couples are welcome.
Contact: Linda O’Connell at 426-1460 to sign up.

**Cardinal Points Fiber Arts**
This group was formed by Eda Van de Bogart and primarily focused on traditional rug hooking, but now is open to all fiber arts. They meet the **first and third Wednesday** of the month from **1-3pm** in member’s homes.
Contact: Dodie Colyer at maryjocolyer11@gmail.com
Ladies Bocce Group
Are you looking to have some fun? Then why not come out and join the Ladies Bocce group. We play on 
**Mondays from 1:30 to 3:00 PM November 1st to April 30th,** and **10:00 AM to 12:00 Noon from May 1st to October 31st.** If you’re not sure, stop by the courts across from Randolph Village and watch, or maybe join in.
Contacts: Donna Hobson - donhobson@embarqmail.com or 426-5928
Shelly Jackson at 540-907-0200 or 4jacksonclan@gmail.com

Men’s Bocce
Bocce, similar to lawn bowling, is one fun game. Just about anyone of us can play and enjoy. If you are interested in playing, or just seeing how we play, why not join us at the bocce courts. We play on **Thursdays at 9:45 AM from May through October and 1:15 PM from November 1st to April.**
Contact: Bill Cobb - lbcobb@centurylink.net 426-7296 or
Cliff Wagner - jc.wagner@earthlink.net 426-1313

Ladies Bridge
Ladies Monday Bridge is now available at the Community Center every **Monday 12:45 pm to 4 pm.** We are 15 years strong and open to all levels of players. Newcomers welcome. Come and join us.
Contact: Ginny Puritz at gingin1176@gmail.com
Also, we play at the Pool House every **Monday from 1:00 to 4:00 p.m.** Newcomers are welcome. For more information or if you have any questions,
Contact: Carol Jennings at 426-1101 or cypress368@gmail.com

Mah Jongg
We play every **Wednesday at 1PM.** To be included in our mailing list, or for more information on location, please send your email address to:
Contact: Joanna DuPree - jrfstop@gmail.com
Beginners: If you want to learn to play Mah Jongg, brush up on your game or just play, we meet every **Thursday night** at the Community Center **Magnolia Room** from **6:30 to 8:30pm.** We have game sets and extra cards for your convenience.
Contact: Phyllis Calvano - calvanop81@gmail.com or 252-426-1386

Prayer Warriors
Every Monday from **9:00 to 10:30 AM** in the Community Center **Persimmons Room.** For more information
Contact: Sue Eulrich at 252-260-1610 or email at eulrichemail@gmail.com

Retail Wine Store
Select from over 70 fine wines & bubblies. **Thursdays 9:30 AM to 2:30 PM** at Dockside. Run by AP volunteers with all income going to our own POA. Over 20,000 wines available thru Special Order, lead time 3-10 days. Special inquiries welcomed, and Gift Certificates now available.
Contact with any questions: Ron McCall 426-5152 or ronmccall5152@gmail.com

Trivia Night
Come and join us on the **first Thursday of every month** at the Clubhouse at **7pm.** A trivia host will conduct five rounds each consisting of 12 questions. No more than four participants to a group, please.

We hope you have found this Community Events Bulletin a useful resource.

Alison Edwards on behalf of the Communications Committee