

Currituck County Senior Center's

October 2021

Halloween Fun Facts...

- The first jack-o-lanterns were made from turnips.
- In October 2016 German grower Mathia Willemijn set the record with an enormous 2,624.6 pounds of pumpkin.
- Ireland is believed to be the birthplace of Halloween.
- Samhain phobia - means having an intense fear of Halloween.
- Michael Myers' mask in the Halloween movies is a William Shatner mask painted white- due to the low costume budget
- Halloween is the second most popular holiday, sales coming in second only to Christmas.
- On September 25, 2010 the largest pumpkin pie ever made came in at 3,699 pounds at the New Bremen Pumpkinfest in New Bremen, Ohio
- 16% of Americans dress their pets in Halloween costumes.
- Candy Corn was originally made in the 1880's and called Chicken Feed.



Ready...set...go..

Seniors are encouraged to attend programs and events at any site!

Newsletter Highlights

- **Annual Senior Health & Wellness Day** (Vendors/Free lunch)
- **Day Trips** (Museum of Albemarle, Norfolk Zoo, Edenton Ghost Walk, Movies, Greenbrier Mall, Maritime Museum - Corolla, VA Beach Farmers Market)
- **Craft Classes** (Halloween Lumineers, Face Planters, Spooky Spider Lights, Fall Leaf Garlands, Island Dabblers)
- **Wellness Programs** (Walking Group, Chi Yoga, Yoga for Arthritis, Wellness & Weight Loss Group, Chair Drumming Exercise)
- **Halloween Fun** (Pumpkin Carving contest, Halloween Bingo, In-house "scary/funny" movies)
- **Educational** (Plant Hydroponics by Cooperative Extension)

October is National Breast Cancer Month!



- ⇒ This year, an estimated 43,600 women will die from breast cancer in the U.S.
- ⇒ In 2021, an estimated 2,650 men will be diagnosed with breast cancer
- ⇒ 1 in 8 women in the United States will be diagnosed with breast cancer

Dawn's Words of Wisdom...

"Determination is the wake up call to the human will."

~Anthony Robbins

HELP NEEDED...

Home Delivered Meals Volunteers!

A Home Delivered Meals Volunteer is the *ONLY* reason we are able to serve our Currituck County home bound seniors with meals throughout the week.

Volunteers play a key role in providing seniors not only with a meal, but offer much needed socialization and smiles! You may be the *ONLY* person that they see all day! Volunteer schedules are flexible to meet our volunteers' needs. The average route requires 1 hour of your time and you can volunteer as little or as often as you want. There are currently 10 routes throughout Currituck County serving approx. 65 Home Bound Seniors.

Currituck Senior Centers

Barco 232-3505

Powell's Point 491-8173

Knotts Island 429-3231



Everyday...

Monday's

8-5 Billiards
8-5 Table Tennis
9- 11 Pickleball
10-12 Sewing Room
11-12 Bingo
12:30-5 Card Room
**10:00 Seniors meet at Albemarle Lanes to bowl*

Tuesday's

8-5 Billiards
8-5 Table Tennis
10-12 Art Room
11 Exercise Tape
12:30-5 Card Room

Wednesday's

8-5 Billiards
8-5 Table Tennis
9- 11 Pickleball
9:30 Scrabble/Upwards
10-12 Sewing Room
12:30-5 Card Room

Thursday's

8-5 Billiards
8-5 Table Tennis
9-5 Horseshoes
10-12 Art Room
11 Exercise Tape
12:30-5 Card Room

Friday's

8:00-5:00 Billiards
8:00 Table Tennis
9:00 Pickle Ball
10-12 Sewing Room
12:30-5 Card Room



Currituck Senior Center

130 Community Way
Barco, NC 27917
252-232-3505

Hours of operation: Mon.-Fri. 8:00AM-5:00PM



DAY TRIPS HAVE RESUMED at all locations!
**Note - Per NC State mandate - ALL Passengers MUST WEAR A MASK while on public transportation.*

Special For October...

Wednesday, October 6, 2021 - Birthday Celebration at 12:30pm!

Wednesday, October 6, 2021 - "History for Lunch" at the Museum of the Albemarle -*The Woeful Story of Nell Cropsey & Jim Wilcox*. We will leave the center at 10:45am, followed by lunch at **Cypress Creek Grille**. Cost: money for lunch. **This trip is limited!**

Friday, October 8, 2021 - Craft Class - "Halloween Lumineers" at 12:30pm. We will use Mason Jars and paint to create one of a kind luminated jars. Deadline to sign up: October 6th!

Monday, October 11, 2021 - "Fish Bowl Hydroponics" with Sheila Gregory & Adam Formella from Cooperative Extension at 1:00pm. Learn techniques on how to grow plants in just water! Deadline to sign up: October 6th!

Wednesday, October 13, 2021 - Annual "Senior Health & Wellness Day!" 11:00am-2:00pm. Get your flu shot, receive information on Medicare, Albemarle Commission Services, Albemarle Hopeline, Red Cross, YMCA, Animal Shelter, Fire/EMS, Interfaith Outreach, Library Services and more! There will also be a "Medicine Drop" for you to safely bring unused medicines to be discarded through the Sheriffs department. **vendors this year will be located in the dining room*. Registered participants will receive a **free boxed lunch and a chance to win a prize!** You must register with the Currituck Senior Center at 232-3505 by October 8th!

Friday, October 15, 2021 - In house Movie & Pizza! Join us for *"I, Frankenstein,"* starring Aaron Eckhart at 12:00pm. "I, Frankenstein" gives new life to the original monster story. Victor Frankenstein (Aden Young) creates his monster from various parts but then shuns his creation and tries to destroy it. Deadline to sign up: October 13th! **Limited Seating!**

Monday, October 18, 2021 - CANCELLED - Refresh your driving skills, receive useful information and even save money on your auto insurance by completing the **AARP Safe Driving Course!** Course is 12:30-4:30pm here at the senior center. Cost: \$20.00 for AARP Members; \$25.00 for Non-Members (paid to the instructor) Deadline to sign up: October 14th!

Thursday, October 21, 2021 - Trip to the Norfolk Zoo at 10:30am and lunch at Cracker Barrel! Cost: \$15.95 zoo admission (pay there) and money for lunch!

Monday, October 25, 2021 - "Pumpkin Carving Contest" at 12:30pm! Pumpkins and carving tools will be provided. Best pumpkin wins a prize! Deadline to sign up: October 21st!

Wednesday, October 27, 2021 - Butterbean Auction at 11:00am! Bid on your favorite items with Butterbeans! **new beans will be used*

Friday, October 29, 2021 - Edenton Ghost Walk! HIGH WALKING! Cost: ticket \$10.00 plus money for dinner along the waterfront. *(Time TBA—late afternoon and evening trip; weather permitted)* **This trip is limited!**

October Birthday's...

Beverly Johnson - 3 Paul Hodges - 13
Don Forcht - 6 Margaret Wills - 14
Kathy Plante - 8 Hallie Firestone - 20
Kathy Prieur - 8 Pat Brick - 26
Julie Wetzal - 8



Cooking with Latesa...

Ingredients:

- 4 bell peppers
- 1/2 cup uncooked long grain rice
- 1 -19oz can black beans, drained & rinsed
- 1/2 cup grated cheddar cheese
- 1 cup salsa
- 1/4 cup hot water
- 1 tsp chili powder
- 1/2 tsp cumin powder

Vegetarian Stuffed Peppers

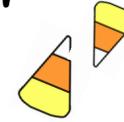
Directions: Preheat to 350. Wash bell peppers/cut off tops, remove membrane/seeds. In mixing bowl, mix all remaining ingredients together. Spoon the filling into the bell peppers/place in baking dish. Put the tops of the peppers back on/ cook for 30-35 mins. or until filling is cooked and rice is soft.



Powell's Point Senior Center

8011 Caratoke Hwy
Powell's Point, NC 27966
252-491-8173

Hours of operation: Mon.-Fri. 8:00AM-4:30PM



DAY TRIPS HAVE RESUMED at all locations!

*Note - Per NC State mandate - ALL Passengers **MUST WEAR A MASK** while on public transportation.

Special For October...

Everyday...

Monday's

9:30 Coffee & Chat
(flavor of the month -
"French Vanilla")
1-3 Dominos
***NO BINGO!**

Tuesday's

9:30-11 Book Corner
1-3 Checkers & Games

Wednesday's

10-12 Dominoes
1-3 Bingo

Thursday's

10-10:30 Chair
Drumming Fitness
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

10-12 Dominoes
1-3 Mystery Bingo

Monday, October 4, 2021 - Trip to **Cinema Café** to see **"Cry Macho"** at 10:30am. Based on the book, starring Clint Eastwood as a one-time rodeo star and washed up horse breeder who in 1978 takes a job from an ex-boss to bring a young mans son home and away from his alcoholic mom. Cost: ticket and money for lunch at the theater. *(movie subject to change based on showing)*

Tuesday, October 5, 2021 - **Craft Class - "Face Planters!"** We will be crafting unique and fun planters from different types of mediums (Paint, Fabric, Jewelry) Class starts at 1:00pm; you must be on time to participate! Deadline to sign up: September 29th!

Thursday, October 7, 2021 - **"Fish Bowl Hydroponics,"** with **Sheila Gregory and Adam from Cooperative Extension** at 1:00pm. Learn techniques of growing plants in just water! Deadline to sign up: October 1st!

Tuesday, October 12, 2021 - **Birthday Celebration** at 1:00pm!

Wednesday, October 13, 2021 - **Senior Health & Wellness Day at Barco Center.** We will leave the center at 10:45am. *See (Page 2) for description and deadline to sign up.*

Thursday, October 14, 2021 - In house movie - **"The Ghost & The Darkness"** at 1:00pm. Based on a true story - The Ghost and The Darkness are names the native African's gave 2 man eating lions that were terrorizing the railroad builders in the late 19th century in Kenya, Africa. Starring Val Kilmer and Michael Douglas. Popcorn & Drinks will be served! Make sure to sign up!

Tuesday, October 19, 2021 - **Greenbrier Mall** at 10:30am. Cost is money for shopping and lunch. Deadline: October 18th!

Thursday, October 21, 2021 - Make your own Halloween Décor - **"Spooky Spider Light Bulbs!"** Class starts at 1:00pm; you must be on time to participate! Deadline to sign up: October 15th!

Thursday, October 28, 2021 - In house movie **"Jeepers Creepers"** at 1:00pm. A brother and sister driving home through isolated country side for spring break, encounter a flesh eating creature which is during its ritualistic eating spree. ****Very scary! Not for the faint of heart!** Popcorn & Drinks will be served! Make sure to sign up!

Friday, October 29, 2021 - **Mystery BINGO with Halloween Treats** at 1:00pm!

October Birthday's...

Mary Fowler - 2
Joyce Pugh - 18



Laughing with Lorraine...

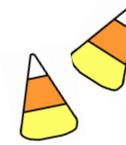
"On Halloween parents send their kids out to like me."
-Rodney Dangerfield



Knotts Island Senior Center

126 Brumley Rd
Knotts Island, NC 27950
252-429-3231

Hours of operation: Mon.-Fri. 9:00AM-3:30PM



DAY TRIPS HAVE RESUMED at all locations!
*Note - Per NC State mandate - ALL Passengers MUST WEAR A MASK while on public transportation.

Everyday...

- Monday's**
9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga
- Tuesday's**
9-3 Puzzles/Games
9:30 Walking Group
10-11 Yoga for Arthritis
- Wednesday's**
9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga
1-3 Bib Project
- Thursday's**
9-3 Puzzles/Games
9:30 Walking Group
10-11 - Yoga for Arthritis
- Friday's**
9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga

Special For October...

- Tuesday, October 5, 2021**—Trip to the **NEW "Currituck Maritime Museum"** in Corolla and lunch at 9:00am. Cost: money for lunch (location TBA)
- Wednesday, October 6, 2021 - Birthday Celebration** at 12:30pm! Celebrate our October birthdays with a chocolate mug cake and Ice Cream!
- Friday, October 8, 2021 - Decorate the center for Fall and Halloween** at 12:30pm! We'll raid the decorations closet.
- Monday, October 11, 2021 - Island Dabblers paint party at 1:00pm!** Today is Native American day, so we'll be painting traditional Native American designs and symbols on pots using bowl and pot stencils!
- Tuesday, October 12, 2021 - Wellness & Weight Loss Group at 1:00pm!** October 13th is National Train your Brain Day! Week (3) of KEEP SHARP focuses on increasing your daily steps, becoming more mindful, and engaging ourselves within the community.
- Wednesday, October 13, 2021 - Senior Health & Wellness Day at the Barco Center!** We will leave the center at 10am. *See (Page 2) for description and deadline to sign up.*
- Tuesday, October 19, 2021 - Trip to the "Virginia Beach Farmers Market"** and lunch at the **Amish Bakery** at 10:30am. Cost: money for lunch.
- Thursday, October 21, 2021 - Craft class - "Fall Leaf Garlands"** at 1:00pm! We'll use our stock of flowering arranging material to create full garlands to decorate our homes and the senior center!
- Monday, October 25, 2021 - Island Dabblers Paint Party at 1:00pm!** Fall is all about color and we'll be using the colors of fall to create sponge-printed trees and leaves!
- Tuesday, October 26, 2021 - Wellness & Weight Loss Group at 1:00pm!** In week (4) of the KEEP SHARP program, we'll refine and re-think our meal choices for increased wellness and health!
- Wednesday, October 27, 2021 - Halloween Bingo at 1:00pm** with Halloween-themed prizes!
- Friday, October 29, 2021 - In house movie - "Beetlejuice"** at 1:00pm. Geena Davis and Alec Baldwin star as a Yuppie ghost couple whose quaint New England home becomes overrun with trendy New Yorkers. Michael Keaton stars as Beetlejuice - directed by Tim Burton!

October Birthday's...

- Brenda McLaughlin - 3
- Glen Dixon - 26
- Georgia Cason - 28



"You must remember this" with Mari Mann...

"What's the good of being a ghost if you cant frighten people away?"
~Geena Davis as Barbara in *Beetlejuice*, 1988.

We also offer...

- Congregate Meals
- HD Meals
- Educational Speakers
- Exercise Programs
- Exercise Equipment
- Puzzles
- Games
- Bingo
- Indoor Sports
- Outdoor Sports
- Monthly Day trips
- Charter Bus trips
- AARP Tax preparation
- Health screenings
- Weekly BP checks
- Quilting/Sewing
- Bell choir
- Wet Paint Society
- Musical entertainment
- Sr. Games Participation
- Are you OK Program
- CDSMP, DSMP, Tai-Chi for Arthritis & Walk with Ease Programs
- "Walking Paws" Volunteer Program
- Assistance and Referrals
- Volunteer Opportunities
- Much More!

Stay Informed:

www.currituckgovernment.com

Questions:

Stacy.joseph@CurrituckCountyNC.Gov

Meet the Staff...

Stacy Joseph

Aging/Senior Services Director

Dawn Hamilton

Administrative Supervisor

Latesa Moore

Site Manager/Nutrition - Barco

Lorraine Fitchett

Site Manager - Powell's Point

Mari Mann

Site Manager - Knotts Island

Statement of Purpose

Senior Centers are a community focal point on aging. It is a unit where senior persons can meet, receive services and participate in activities that will affirm the dignity and self worth of the senior adult. Within this atmosphere the center staff creates opportunities for the senior adults to apply their wisdom, insight and exercise their skills. The center plays an integral role as a resource for the entire community and assist other agencies in serving individual and group services and activities.

Did You Know...

You Must be 55 years or older to join the fun at the Senior Centers!

You must be 60 years or older to eat!

The Senior Centers of Currituck County are a place for Every Senior (with varying backgrounds and personalities) to have fun and feel welcome and at ease.

This is accomplished when people are courteous, accommodating, respectful of other's feelings, use appropriate language and do not let their emotions get out of hand. Let's all work together to make the senior centers an "enjoyable and happy place" for EVERYONE!

Thank you
Senior Services Staff

Need Transportation...

Inter County Public Transportation provides services to all ages! (fees may apply) ICPTA services are intended to transport the general public to nutrition sites, medical appointments and other locations in order to access services or attend activities related to daily living, while promoting quality of life.

ICPTA 252-338-4480

To receive transportation to a nutrition site please call the senior center you are interested in attending to receive more information!

