Currituck County Senior Center's October 2025



Your Input in needed...



Thank you for your time and input!

Dawn's Words of Wisdom...

Stay up-to-date with the plan!

"A fallen leaf is nothing more than a summer's wave goodbye." -Unknown

Ready...Set...Go...

Bell Choir

The Bell Choir will be performing at Needham's on Wednesday, October 15th at 2:30PM! If you have an interest in being apart of the Bell Choir please call Latesa at 232-3505

Interested?

We are compiling an Interest Only list for seniors that may want to play Chess (added to Senior Games) and Mahjongg.

Have your name added to the list by calling:

Currituck Co. Senior Center 252-232-3505

Corolla...

Medicare Presentation

Cameron Lowe from the Currituck Cooperative Extension will be at the Corolla Library on Friday, October 24th at 1PM to give a presentation on Medicare and answer questions.

You must register by calling:

Currituck Co. Senior Center 252-232-3505

Did You Know...

The state of North Carolina offers a property tax exemption to 100% permanent and total disabled veterans. The first \$45,000 of a disabled veterans' assessed value of a permanent residence is exempt from property taxes.

For more information contact: **Noel Gregory**

Veteran Services Officer Serving Currituck and Camden County, NC 252-435-4593

Save the Date...

You are unable to sign up at this time. Information will follow in future newsletters.

November 7th, 14th & 21st

Holiday Craft Series

December 19th

Senior Christmas Party

priorities in the region.

Thank you for participating!

Everyday...

Monday's

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

Tuesday's

8-5 Billiards 8-5 Table Tennis 9 Pickleball 11 Exercise Tapes 12:30 Mexican Dominoes 12:30-5 Card Room

Wednesday's

8-5 Billiards 8-5 Table Tennis 9 Pickleball 9:30 Scrabble/Upwards 10-12 Sewing Room 11 Bell Choir 12:30-5 Card Room *Book Club 15th- 10am

Thursday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
*10:00 Seniors meet at
Albemarle Lanes to bowl
*Alz. Support Group
23rd-10:30am

Friday's

8-5 Billiards 8-5 Table Tennis 9 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



Special for October...

Wednesday, October 1, 2025 - Birthday Celebration at 12:30pm!

Thursday, October 2, 2025 - Trip to **Chrysler Museum** at 9:30am! Enjoy time exploring the museum before a **Glass Blowing Demo at 12pm!** Cost: money for a quick bite at Chick-fil-A following the museum. **Deadline: October 1st!**

Friday, October 3, 2025 - "Oktoberfest Party" at 1pm! Join us for snacks, music and games including a round or two of German themed Bingo! Deadline: October 1st!

Monday, October 6, 2025 - In house movie- "Beetlejuice Beetlejuice" (2024) at 12pm! Starring Michael Keaton and Winona Ryder! After a family tragedy, the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidently opens the portal to the afterlife. Popcorn will be served!

Tuesday, October 7, 2025 - Trip to Williamsburg Premium Outlets at 9am! Cost: money for lunch at the outlets.

Tuesday, October 14, 2025 - "Barn Squares" Presentation at Moyock Library, we will leave the center at 2:30pm. Learn the history of Barn Squares and paint your own! Deadline: October 3rd!

Friday, October 17, 2025 - Join us for a **Fish Fry** outside under the pavilion at 12pm! Fried Fish, Coleslaw, Potatoes & Hushpuppies will be served. Games and music will add to the fun day (weather permitting!) Deadline: October 10th!

Monday, October 20, 2025 - Butterbean Auction at 11am! Bid on your favorite items with butterbeans!

Wednesday, October 22, 2025 - Annual "Senior Health & Wellness Day" from 11am-2pm! Get your flu shot! Receive information from varying vendors on health, financial, local services and MUCH MORE! This year we will also have on hand Currituck/Camden's Veteran Services Officer, our Opioid Program Coordinator, and a hands on "Tech Corner" to name just a few! It is a great opportunity to come out and see what your community has to offer while gaining valuable information and resources to serve your needs. Door Prizes and a FREE box lunch will be provided. Registration Required! Deadline: October 15th!

Tuesday, October 28, 2025 - Trip to Nauticus and a Self-guided tour of the USS Battleship Wisconsin! Cost: \$20.85; Military \$18.65 and money for lunch at Mission BBQ! *once tickets are purchased they are non-refundable. Deadline to sign up and pay: October 23rd!

October Birthday's...

Robert Cannon - 1st Jim Courtney - 2nd Beverly Johnson - 3rd Janice Denton - 5th Don Forcht - 6th Kathy Plante - 8th Kathy Prieur - 8th Julie Wetzel - 8th Margaret Wills - 14th Richard Wadleigh - 16th AJ Urania - 16th Fred Romano - 27th Monica Hardy - 30th

Cooking with Latesa... 3 Ingredient Candied Pepitas

Ingredients: 1 cup raw pumpkin seeds 1/4 cup sugar 1/2 tsp flaky sea salt

Directions: In a large skillet over med-high heat, toast the pepitas until they turn light brown, begin to pop, and smell fragrant. Stir frequently. Transfer to cool plate. In the same skillet melt the sugar without stirring—shake the pan if necessary to distribute the sugar in even layer. Once golden or amber, turn off the heat, add the toasted pepitas and sea salt, and stir to combine with a heat safe spatula. When the pepitas all clump together, transfer to a cool plate. Once cooled, break into pieces. Store at room temperature.

www.alexandracooks.com



Powells Point Senior Center



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

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



Everyday...

Monday's

8-12 Coffee & Chat 9-12 Dominoes

Tuesday's

8-12 Coffee & Chat 9:30-11 Book Corner 1-3 Checkers & Games

Wednesday's

8-12 Coffee & Chat 9-12 Dominoes 1 Exercise & Bingo

Thursday's

8-12 Coffee & Chat 11- Exercise Ball Drumming (Level I) 1-3 Puzzles/Checkers/ Adult Coloring Books

Friday's

8-12 Coffee & Chat 9-12 Dominoes 1 Bingo (No Bingo 3rd & 1st!)

Special For October...

Friday, October 3, 2025 - **Oktoberfest** at the Barco Center at 1pm! Lets join our friends for snacks, music and games including a round or two of German themed Bingo! We will leave the center at 11:15 am to have congregate lunch in Barco before the fun begins! Deadline: October 1st!

Monday, October 6, 2025 - "Pumpkin Dunking" at 1pm! Getting into the fall spirit with "Pumkin Dunking," a unique art technique using pumpkins! Deadline: October 2nd!

Tuesday, October 7, 2025 - October Birthday Celebration Surprise at 12:30pm!

Tuesday, October 14, 2025 - "Cheese Cloth Ghosts" at 1pm! Make spooky little ghost to set around your home, just in time for Halloween! Deadline: October 10th!

Wednesday, October 15, 2025 - "Hops, Harvest and Raising Cane!" Over the next 12 months, we will embark on a series of Breweries, Wineries & Distilleries. Learning the craft of making Wine, Beer and Spirits at some stops, but not all! Our first stop will be **Wasserhund Brewing Company** in Chesapeake! We will leave the center at 10:30am. Cost: money for lunch at the Brewery. Deadline: October 13th!

Monday, October 20, 2025 - "Dipping into Fall" w/Heather from Cooperative Extension at 1pm! Heather will show us how to make delicious dips for our fall themed parties! Come learn and have a taste! Deadline: October 15th!

Wednesday, October 22, 2025 - Annual "Senior Health & Wellness Day" from 11am-2pm! Get your flu shot! Receive information from varying vendors on health, financial, local services and MUCH MORE! This year we will also have on hand Currituck/Camden's Veteran Services Officer, our Opioid Program Coordinator, and a hands on "Tech Corner" to name just a few! It is a great opportunity to come out and see what your community has to offer while gaining valuable information and resources to serve your needs. Door Prizes and a FREE box lunch will be provided. We will leave the center at 10:30am! Registration Required! Deadline: October 15th!

Tuesday, October 28, 2025 - "Community Service Craft Day" at 1pm! Over the next several months we will doing various projects to put together a gift basket for local EMTs to show appreciation for what they do for us! We will be making coasters this month! Deadline: October 24th!

Friday, October 31, 2025 - Halloween Party at 12pm! The Knotts Island seniors will join us for Witches Brew Stew & Broomsticks (Brunswick Stew & Breadsticks) along with Black Forest Cherry Cake & Graveyard Cake! Wear your spookiest costume! Deadline: October 24th!

October Birthday's...



Laughing with Lorraine...

Happy Birthday to all Seniors in Currituck!

"Why did the skeleton go to the Halloween Party alone?"

"Because he had NO-body to go with him!" -Unknown

Knotts Island Senior Center



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

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



Everyday...

Monday's

9:30 Walk in the Park 10 Puzzles/Games

Tuesday's

9:30 Walk in the Park 10 Drumming Exercise

Wednesday's

9:30 Walk in the Park 10 Puzzles/Games

Thursday's

9:30 Walk in the Park 10 Puzzles/Games

Friday's

9:30 Walk in the Park 10 Puzzles/Games

October Birthdays

Brenda Mclaughlin - 3rd



Think on it ...

"The heart of a volunteer is not measured in size, but by depth of the commitment to make a difference in the lives of others."
-Deann Hollis

Special For October...

Friday, October 3, 2025 - Oktoberfest at the Barco center! Lets join our friends for snacks, music and games including a round or two of German themed Bingo! Deadline: October 1st!

We will leave the center at 11:30 a.m.

Monday, October 6, 2025 - In-house movie "Marley & Me" at 12pm! Starring Owen Wilson and Jennifer Anniston as John & Jenny Grogan, a young couple who contemplate the decision to start a family. Then came Marley, and adorable labrador pup who flunks obedience school and quickly turns his new home into a disaster area. Popcorn will be served.

Tuesday, October 7, 2025 - Card Making & Treat Boxes w/Pastor Diana at 1pm! Making cards and treat boxes for our community outreach project!

Friday, October 10, 2025 - Scrapbooking w/Pastor Diana at 11am!

Wednesday, October 15, 2025 - Making Block Pumpkins w/Cindy at 11am! Deadline: October 10th!

Thursday, October 16, 2025 - Outer Banks Shopping Trip and Lunch at Darryls! We'll shop at Belk's & The Outlets in Nags Head and enjoy lunch at Darryls in Manteo! We will leave the center at 9am. Deadline: October 14th!

Tuesday, October 21, 2025 - **Community Outreach Project w/Barb** at 1pm! Applying Vinyl overlay to T-Shirts for our Community Outreach Project.

Wednesday, October 22, 2025 - Annual "Senior Health & Wellness Day" from 11am-2pm! Get your flu shot! Receive information from varying vendors on health, financial, local services and MUCH MORE! This year we will also have on hand Currituck/Camden's Veteran Services Officer, our Opioid Program Coordinator, and a hands on "Tech Corner" to name just a few! It is a great opportunity to come out and see what your community has to offer while gaining valuable information and resources to serve your needs. Door Prizes and a FREE box lunch will be provided. We will leave the center at 10:15am. Registration Required! Deadline: October 15th!

Thursday, October 23 & Friday, October 24, 2025 - Baking Days for our Community Outreach Project from 1-3pm. Making cakes and other dessert items for our Community Outreach Project!

Monday, October 27, 2025 - Card & Games Day at 11am and Birthday Celebration at 1pm!

Tuesday, October 28, 2025 - Join us to present our Community Outreach Project to the recipients at 1pm!

Wednesday, October 29, 2025 - Senior volunteers will give the Moyock Library a helping hand at a "Halloween Bash" making crafts, playing games, and handing out requested library books to Knotts Island children This intergenerational event will be from 1-4pm at the Knotts Island Senior Center. Children will need to register with the Moyock Library. If you are interested in helping please see staff!

Friday, October 31, 2025 - Halloween Party at Powell's Point Senior Center! We will joining the Powells Point Seniors for Witches Brew Stew & Broomsticks (Brunswick Stew & Breadsticks) along with Black Forest Cherry Cake & Graveyard Cake! Wear your spookiest costume! We will leave the center at 10:15am. Deadline: October 24th!

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.CurrituckCountyNC.gov

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 - Powells Point

Brenda Twiford

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!



October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk	2 Seasoned Fish Fillet, Rice Pilaf, Broccoli, Roll, Cobbler & Milk	Chicken Breast, pasta w/ Cream Sauce, Green Beans, Roll, Jello & Milk
6 Beef Stew w/Potatoes, Green Brean's, Roll, Graham Crackers, Milk & OJ	7 Baked Ham, Sweet Potatoes, California Blend Vegetables, Pears, Cake & Milk	8 Chili w/Beans, Pimento Cheese Sandwich, Broccoli, Fruit, Jello & Milk	9 Tuna Salad on Lettuce Bed, Cucumber & Tomato Salad, Macaroni Salad, Fruit, Crackers & Milk	10 BBQ Chicken, Mac & Cheese Peas, Cinnamon Apples, Cornbread & Milk
Beef Stroganoff, Broccoli, Applesauce, Cornbread, Pudding & Milk	Herb Baked Chicken w/ Gravy, Brown Rice, Carrots, Roll, Yogurt & Milk	Meatloaf w/Red Sauce, Mac & Cheese, Lima Beans, Bread, Pineapple & Milk	BBQ Sandwich, Buttered Potatoes, Coleslaw, Graham Crackers, Fruit & Milk	Chicken Alfredo, Broccoli, Spiced Apples, Roll, Yogurt 8 Milk
Spaghetti w/Meat Sauce, Green Beans, Spiced Apples, Garlic Bread, Yogurt & Milk	Boneless Chicken Thigh, Au Gratin Potatoes, Peas, Roll, Jello, Pineapple & Milk	Tukey Breast w/Gravy, Stuffing, Carrots, Cranberry Sauce, Cornbread, Fruit & Milk	23 Chicken Salad, Pasta Salad, Pea Salad, Crackers, Cake, Milk & OJ	24 Baked Ham, Sweet Potatoes California Blend Vegetables, Pears, Cake & Milk
Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	Roast Pork & Gravy, Brown Rice, Succotash, Fruit, Cornbread, Cookie & Milk	29 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk	Seasoned Fish Fillet, Rice Pilaf, Broccoli, Roll, Cobbler & Milk	Chicken Breast, pasta w/ Cream Sauce, Green Beans, Roll, Jello & Milk