

Currituck County Senior Center's

October 2024



In the Community...

RACE ON THE RUNWAY

SATURDAY
OCTOBER 5TH, 2024

Run it or Walk it!
TARMAC 10K
FLIGHT DECK 5K
1-MILE TAXI-TROT

REGISTER AT: WWW.TARMAC10K.COM

All Proceeds Benefit: **KIDS FIRST**

Anyone interested in participating or volunteering for this upcoming event to benefit Kids First can register at www.TARMAC10K.com or email patty.sansotta@currituckcountync.gov

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

NEW "Book Club"

Do you like to read? Love discussing what you read? Join the Currituck Senior Book Club led by Karen Riddick. The book club will meet every 2nd Wednesday of each month at 10:30am, starting October 9th at the Currituck Senior Center located at 130 Community Way, Barco! Additional details will be discussed at the first group meeting.

Senior Tarheel Athletic Card

Do you attend your local high school athletic games? If yes, you need the Senior Tar Heel Card!

The card is an opportunity for older adults 60+ to support their high school aged community/or family members. Card holders will be given free or discounted admission depending on the school policy.

Note: Not all counties participate and its up to the card holder to verify school participation prior to attending event.

In the Community Cont...

Currituck County Planes and Plows
with
Currituck County Sheriff Community Night Out
and
Race on the Runway

October 5, 2024

Race events begin at 8:30am
Gates open to the public at 11am
Night Out events until dark
107 College Way, Barco

More details at go.ncsu.edu/CurrituckPlanesPlows

Dawn's Words of Wisdom...

"If you change the way you look at things, the things you look at change."

-Wayne Dyer

Everyday...

Monday's

8-5 Billiards
 8-5 Table Tennis
 9 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
 9 Pickleball
 10-12 Art Room
 11 Exercise Tapes
 12:30 Mexican Dominoes
 12:30-5 Card Room

Wednesday's

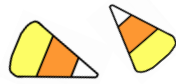
8-5 Billiards
 8-5 Table Tennis
 9 Pickleball
 9:30 Scrabble/Upwards
 10-12 Sewing Room
 11 Bell Choir
 12:30-5 Card Room

Thursday's

8-5 Billiards
 8-5 Table Tennis
 9 Pickleball
 9-5 Horseshoes
 10-12 Art Room
 11 Exercise Tapes
 11 Bingo
 12:30-5 Card Room
 *Alzheimer's Support
 Group 17th @ 10:30

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...

Tuesday, October 1, 2024 - Trip to Cinema Café to see **"Beetlejuice Beetlejuice"**, starring Michael Keaton and Winona Ryder! After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife. Cost: money for ticket and food. Time TBA

Wednesday, October 2, 2024 - **Birthday Celebration** at 12:30!

Friday, October 4, 2024 - **"Oktoberfest Party"** at 2pm! Join us for food, music, games and festivities to celebrate this German festival! Wear your best German inspired Oktoberfest attire to be judged to win a prize! **Deadline: October 3rd!**

Monday, October 7, 2024 - **Butterbean Auction** at 11am! Bid on your favorite items with butterbeans!

Wednesday, October 16, 2024 - 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! 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 10th!**

Friday, October 25, 2024 - Join us for a **Fish Fry** outside under the pavilion at 12:00pm! Fried Fish, Coleslaw, Potatoes & Hushpuppies will be served. **Deadline: October 18th!**

Tuesday, October 29, 2024 - **Craft Class - "Hydro-dipped Vases"** with Lorraine at 1pm! **Deadline: October 21st!**

Wednesday, October 30, 2024 - Trip to the **NEW "Great Bridge Battlefield & Waterways Museum"** at 10am! Cost: \$9 for a guided 1 1/2 to 2 hour tour; money for lunch at **Chili's**. **Deadline: October 23rd!**

Thursday, October 31, 2024 - **Halloween Goodies** at 12pm!

October Birthday's...

Robert Cannon - 1st	Hilda Gould - 15th
Jim Courtney - 2nd	AJ Urania - 16th
Beverly Johnson - 3rd	Richard Wadleigh - 16th
Janice Denton - 5th	Hallie Firestone - 20th
Don Forcht - 6th	Fred Romano - 27th
Kathy Plante - 8th	Monica Hardy 30th
Kathy Prieur - 8th	
Julie Wetzal - 8th	
Margaret Wills - 14th	



Cooking with Latesa... German Chocolate Dump Cake

Ingredients:

- 1 cup sweetened shredded coconut
- 1 1/2 cups chopped pecans, divided
- 1 box Devils Food cake mix
- 8 oz cream cheese, softened
- 1/2 cup butter, melted
- 2 tsp vanilla extract
- 2 cups powdered sugar
- 1/2 cup semi sweet chocolate chips

Directions: Preheat oven to 350. Grease 13x9 pan. Sprinkle coconut and 1 cup pecans into baking pan. Prepare cake mix according to package directions, pour into pan. In a large bowl, beat cream cheese, butter, and vanilla until smooth; beat in powdered sugar. Stir in chocolate chips and remaining 1/2 cup pecans. Spoon over batter. Cut through batter with a knife to swirl. Bake until toothpick inserted in center comes out clean, 35-40 minutes.



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

8-10 Coffee & Chat
9-12 Dominoes
1 Exercise & Bingo
(No Class 21st!)

Tuesday's

8-10 Coffee & Chat
9:30-11 Book Corner
1-3 Checkers & Games

Wednesday's

8-10 Coffee & Chat
9-12 Dominoes
1 Exercise & Bingo
(No Class 23rd!)

Thursday's

8-10 Coffee & Chat
11- Exercise Ball
Drumming (Level I)
(No Class 24th & 31st)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-10 Coffee & Chat
9-12 Dominoes
1 Bingo
(No Bingo 4th!)

Special For October...

Tuesday, October 1, 2024 - "Banana Splits" Birthday Celebration at 12:30pm! **Deadline: September 27th!**

Friday, October 4, 2024 - Oktoberfest at Barco Center at 1:30pm!

Tuesday, October 8, 2024 - "Painting Clay Pots" w/Chris Blaha from Cooperative Extension at 1pm! Chris will be bringing planters for us to paint! Use your imagination! **Deadline: October 4th!**

Thursday, October 10, 2024 - In house movie "Hocus Pocus" at 12:30pm! A teenage boy named Max, and his little sister move to Salem where he struggles to fit in before awakening a trip of diabolical witches that were executed in the 17th century. Starring Bett Midler, Sarah Jessica Parker and Kathy Najimy. Soda and popcorn will be served!

Tuesday, October 15, 2024 - "Haunted Graham Cracker Houses" at 1pm! Christmas has Gingerbread Houses, October has Haunted Houses! Fun and tasty at the same time! Lets make some spooky houses! **Deadline: October 11th!**

Wednesday, October 16, 2024 - Annual Senior Health & Wellness Day at Barco center. Get your flu shot! Receive information from varying vendors on health, financial, local services and MUCH MORE! 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. **Deadline: October 10th!**

Friday, October 18, 2024 - Mystery Bingo at 1pm! Everybody loves Bingo! Please bring one or two wrapped bingo prizes. **Deadline: October 17th!**

Friday, October 25, 2024 - We will be heading to Currituck Senior Center at 11:30am for a **Fish Fry** outside under the pavilion at 12:00pm! Fried Fish, Coleslaw, Potatoes & Hushpuppies will be served. **Deadline: October 18th!**

Thursday, October 31, 2024 - Halloween Party at 12pm! The fun is at Powell's Point on Halloween! Knotts Island will be joining us for the fun! Dress up in your favorite Halloween Costume! *Brains, Monster Eyeballs, and Witches Hats* for lunch! (Spaghetti, Meatballs and Bread) Dessert & Candy! **Deadline: October 28th!**

October Birthday's...



Laughing with Lorraine...

"When one door closes and another one opens...your house is haunted!"

-Unknown



Knotts Island Senior Center

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

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



October Birthdays...

Brenda McLaughlin - 3rd



Everyday...

Special For October...

Monday's

9:30 Walk in the Park
10-3 Puzzles/Games

Tuesday's

9:30 Gentle Chi Yoga
10-3 Puzzles/Games

Wednesday's

9:30 Walk in the Park
10-3 Puzzles/Games

Thursday's

9:30 Gently Chi Yoga
10-3 Puzzles/Games

Friday's

9:30 Exercise Ball
Drumming
10-3 Puzzles/Games

"You must
remember
this" with Mari...

"Are you a good
witch, or a bad
witch?"
Glinda, the Witch of
the North, in *The
Wizard of Oz*, 1939

Wednesday, October 2, 2024 - Let's make **Healthy Granola** at 1pm! Oats, coconut oil, fruits, nuts, and honey!

Deadline: September 30th!

Thursday, October 3, 2024 - **Card-making with Pastor Diana** at 1pm! Halloween and everything spooky cards!

Friday, October 4, 2024 - "**Oktoberfest Party**" at Barco! Enjoy food, music, games and festivities to celebrate this German festival! Wear your best German inspired Oktoberfest attire to be judged to win a prize! We will the center at 12:30pm. **Deadline: October 3rd!**

Monday, October 7, 2024 - **UFO, Part Two** at 1pm! Un-finished Objects: bring your unfinished projects you're working on to finish or a project you need help with from the other seniors! **Monday, October 21st will be Part Three at 1pm!*

Tuesday, October 8, 2024 - **Community Service Project with the KI Girl Scouts Part One** at 1pm! To help the Senior Girl Scouts fulfill their "Community Service" and "Textile Artist" badges, we'll coordinate with the Girl Scouts to sew and decorate fabric gift bags to fill and distribute to the community. **Tuesday, October 15th will be Part Two at 1pm!*

Wednesday, October 9, 2024 - **Birthday Celebration** at 1pm!

Friday, October 11 and October 18, 2024 - **Card and Game Day's** at 1pm! Uno, mahjong, bocce ball and more!

Monday, October 14, 2024 - Trip to "**Mary's Restaurant**" at 10am! Mary's Kitchen has been a local favorite in VA Beach for over 60 years, serving all-day breakfast featuring homemade biscuits, pancakes, waffles and more! **Deadline: October 11th!**

Wednesday, October 16, 2024 - **Annual Senior Health & Wellness Day** at Barco! Get your flu shot! Receive information from varying vendors on health, financial, local services and MUCH MORE! 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 at 9:30am. **Deadline: October 10th!**

Thursday, October 17, 2024 - **Knotts Island History and Genealogy with Jane Brumley & Cindy Scott** at 1pm! Explore the Islands heritage through its earliest inhabitants and families, its uses as hunting and fishing grounds, and past memories.

Tuesday, October 22, 2024 - **Decorate for Halloween at 1pm!**

Wednesday, October 23, 2024 - **Got Milk?** at 1pm! Learn to make different dairy products, like yogurt, ice cream, sour cream, cream cheese & butter, using powdered milk. **Deadline: October 18th!**

Friday, October 25, 2024 - We will be heading to the Currituck Senior Center for a **Fish Fry** outside under the pavilion at 12:00pm! Fried Fish, Coleslaw, Potatoes & Hushpuppies will be served. **Deadline: October 18th!**

Thursday, October 31, 2024 - "**Halloween Party**" at **Powell's Point** at 12pm! Dress up in your favorite Halloween Costume! *Brains, Monster Eyeballs, Witches Hats* (Spaghetti, Meatballs, Bread) Dessert & Candy for lunch! **Deadline: October 28th!**

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

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!

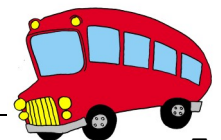
Thank you
Senior Services Staff

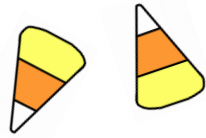
Need Transportation...

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!





October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast Pork w/Gravy, Brown Rice, Succotash, Cornbread, Cookie, Fruit & Milk	2 Marinated Chicken Breast, Pasta, Green Beans, Roll, Jello, Milk & OJ	3 Fish Filet, Rice Pilaf, Broccoli, Pineapple, Roll, Pudding & Milk	4 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
7 Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	8 Baked Ham, Sweet Potato, California Blend Vegetables, Roll, Pears, Cake & Milk	9 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Milk & OJ	10 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Jello, Fruit & Milk	11 BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk
14 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	15 Pork Chop, Collards, Scalloped Potatoes, Roll, Fruit Crisp & Milk	16 No Congregate Health & Wellness Day! HD Only-Meatloaf, Brown Rice, Lima Beans, Pineapple, Roll & Milk	17 BBQ Sandwich, Coleslaw, Buttered Potatoes, Graham Crackers & Milk	18 Baked Chicken w/Gravy, Brown Rice, Carrots, Roll, Fruit & Milk
21 Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	22 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding & Milk	23 Bratwurst Sausage on Bun, Baked Beans, Coleslaw, Brownie & Milk	24 Baked Turkey Breast w/Gravy, Brown Rice, Stuffing, Carrots, Pudding & Milk	25 No Congregate - Site Event HD-Only Beef Stew, Green Beans, Roll, Fruit Cobbler, Milk & OJ
28 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	29 Roast Pork w/Gravy, Brown Rice, Succotash, Cornbread, Cookie, Fruit & Milk	30 Marinated Chicken Breast, Pasta, Green Beans, Roll, Jello, Milk & OJ	31 Fish Filet, Rice Pilaf, Broccoli, Pineapple, Roll, Pudding & Milk	

