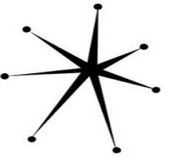


Currituck County Senior Center's

August 2025



"Lets go to the Hop!"



Did you Know...

National Senior Citizens Day!

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring **August 21st** as National Senior Citizens Day!

By 2060, nearly 94 million seniors will live in the US, that will be double of what was listed for the 2017 census. Seniors wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, seniors are people who've experienced each step of change. Not only have seniors contributed to it, but they understand first hand the benefits and the drawbacks. Seniors know life without the advancements that exist today.

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

Farmers Market Vouchers and Market Trip

The Seniors Farmers' Market Nutrition Program (SFMNP) is a summer-only program that provides eligible lower income older adults with vouchers to purchase locally grown fresh fruits and vegetables, raw honey, and fresh cut herbs at NC SFMNP certified farmers' markets. The SFMNP is designed to improve the nutrition of older adults and increase business for local farmers and farmers markets. Program runs July 1 through September 30, 2025. (Vouchers CANNOT be used for eggs, meat, cooked foods, baked goods, plants, crafts, or any non-food items.) Each qualifying recipient will receive \$50 in vouchers to be used at certified Farmers Markets. *We will take our final market trip to Edenton on Wednesday, August 20th.* To Qualify: You must meet lower income guidelines and be ages 60+. Please call 252-232-3505; ask for Stacy Joseph.

Corolla...

Corolla Yoga will be taking a break for the summer months of July and August; class will resume in September. Staff will be in touch with all participants prior to the start of the new season.

Dawn's Words of Wisdom...

"The only true wisdom is in knowing you know nothing."
-Socrates

Support...

Operation Fan Heat Relief (OFHR)

A program intended to provide a more comfortable living environment and reduce heat related illness. In support of OFHR, contributions from Dominion Resources through the Division of Aging and Adult Services were made available to the Area Agencies on Aging (AAA) to purchase fans for individuals in need. *Eligible applicants must reside in Currituck County, must be an adult: 60 years of age or older OR with a disability and must have a home situation where a threat to health and well being exists.* Call Stacy Joseph at 232-3505.



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 20th - 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
21st - 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 August...

Tuesday, August 5, 2025 - Craft Class "Mixed Media on Canvas" given by the Moyock Library, here at the senior center at 10:30am! **Deadline: August 1st!**

Wednesday, August 6, 2025 - Birthday Celebration at 12:30pm!

Wednesday, August 6, 2025 - Trip to Rivers Casino in Portsmouth at 10:30am! Cost: money for food and fun!

Friday, August 8, 2025 - Press those poodle skirts and shine those penny loafers, its Sock Hop at 11:30! Join us at the senior center for good food, low prices and great music by DJ Kenny! Best 50's attire wins a prize! Don't forget to bring money for food and to tip our DJ! We will have Hamburgers, Hot Dogs, Barbeque, Fries, Milkshakes & More! **Deadline: August 6th!**

Thursday, August 14, 2025 - Create your own Terrarium w/Chris Blaha from Cooperative Extension at 1pm! Class is limited!
Deadline: August 11th!

Tuesday, August 19, 2025 - Presentation given by the **Butterfly Society of Virginia** on **Butterflies** at the **Moyock Library!** Learn about the Lepidopteran life cycle, some of the most common butterflies and moths seen in coastal NC/VA, and the plants needed to support their habitat! We will leave the center at 1:30pm! **Deadline: August 15th!**

Wednesday, August 20, 2025 - Edenton Farmers Market Trip at 2pm! (Market voucher recipients take priority on sign up list!)

Friday, August 22, 2025 - Trip to a nighttime "Tides Baseball Game" at 5:15pm! Cost: \$17 ticket plus .75 cents cash for parking and money for dinner at the ball park. **Deadline: August 20th!**

Monday, August 25, 2025 - Monday Night Bunco & Dinner from 2-5pm! Cost: \$3 for prizes. **Deadline: August 21st!**

Tuesday, August 26, 2025 - 101 Tech Assistance w/ Bradly Yates from Albemarle Commission. One-on-one appointments from 10:30am - 12pm! Call the senior center at 252-232-3505 to schedule your time slot!

Thursday, August 28, 2025 - The Department of Social Services (DSS) will be giving a **presentation on Adult Services** at 10:30am. Get an overview of what they can and cant do, what services they offer and the process of dealing with different situations such as clients and families of those affected by Dementia/Alzheimer's.

August Birthday's...

Leona Williamson - 11th
Cindy Meade - 21st
Rusty Noe - 24th
Betty Capps - 26th



Cooking with Latesa...

Ingredients:

- 1 (17 1/8 oz) box yellow cake mix
- 1 egg
- 1/3 cup softened butter
- 1 (13 1/3 oz) can sweetened condensed milk

Directions: Preheat oven to 350 degrees. Mix cake mix, egg and butter. (It will be the consistency of pie crust dough.) Press mixture in the bottom of a well greased sided cookie sheet. (It may seem spread thin, but it is ok.) Mix the milk, toffee chips and pecans, spread mixture over dough. Bake 25 minutes. Once cooled, cut into squares. www.food.com

Butter Brickle Bars

- 1 (7 5/8) oz bag heath toffee chips
- 1 1/2 cups chopped pecans

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
(No Bingo 6th & 27th!)

Thursday's

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

Friday's

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

Special For August...

Friday, August 1, 2025 - Birthday Celebration at 12:30pm! *Its National Peach Month!* **Peach Cobbler & Ice Cream** will be served!

Friday, August 8, 2025 - Sock Hop time at Barco Center! Trip to the Barco senior center for good food, low prices and great music by DJ Kenny! Best 50's attire wins a prize! Don't forget to bring money for food and to tip our DJ! We will have Hamburgers, Hot Dogs, Barbeque, Fries, Milkshakes & More! We will leave the center at 10:45am! **Deadline: August 6th!**

Tuesday, August 12, 2025 - "Peaches" w/Chris Blaha from Cooperative Extension at 1pm! Learn about the delicious healthy benefits of eating Peaches and sample a special homemade Peach Cheesecake! **Deadline: August 8th!**

Monday, August 18, 2025 - Trip to Cinema café to see **"Freakier Friday."** After more than 20 years, Jamie lee Curtis and Lindsey Lohan reunite for a sequel to the 2003 body-switch comedy. Rosalind Chao, Chad Micheal Murray, and Mark Harmon also reprise their roles from the original film, and joining them are folks like Manny Jancito, Julia Butters, and Maitreyi Ramakrishnan. Time is TBA. Cost: ticket and money for lunch at the theatre. **Deadline: August 15th!**

Tuesday, August 19, 2025 - Craft Class "Summertime Coasters" at 1pm! Create unique personalized coasters for your home or for a friend! **Deadline: August 15th!**

Wednesday, August 27, 2025 - Trip to Cape Charles, Virginia at 9am! Shop, eat and walk around in this quaint little historic fishing town! **Deadline: August 25th!**

August Birthday's...

Faye Ludholtz - 26th

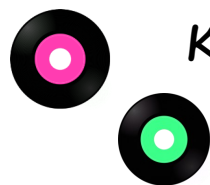


Laughing with Lorraine...

"What do gymnasts use to season their food in June, July and August?"

"Somersault."

-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
11 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

Special For August...

Monday, August 4, 2025 - Bingo at 11am!

Tuesday, August 5, 2025 - Trip to Sandbridge for a **walk on the beach** and lunch at **Margie & Ray's** at 11am! **Deadline: July 31st!**

Friday, August 8, 2025 - Sock Hop time at Barco Center! Trip to the Barco senior center for good food, low prices and great music by DJ Kenny! Best 50's attire wins a prize! Don't forget to bring money for food and to tip our DJ! We will have Hamburgers, Hot Dogs, Barbeque, Fries, Milkshakes & More! We will leave the center at 10am! **Deadline: August 6th!**

Tuesday, August 12, 2025 - Card making w/Pastor Diana at 1pm!

Wednesday, August 13, 2025 - Birthday Celebration with Banana Splits at 1pm!

Friday, August 15, 2025 - Scrapbooking w/Pastor Diana at 11am!

Wednesday, August 20, 2025 - Historic Edenton Trolley Tour! A 50 minute guided vehicle tour that provides an overview of Edenton's 300+ years of history. Cost: \$12.50 ticket (cash) and money for lunch at **Old Colony Smokehouse**. We will leave the center at 9am! **Deadline: August 13th!**

Thursday, August 21, 2025 - In house movie "Marley & Me" starring Owen Wilson and Jennifer Aniston at 12pm! John and Jenny Grogan, a young couple contemplating the decision to start a family. Then came Marley, an adorable Labrador pup who flunks obedience school and quickly turns his new home into a disaster area.

Wednesday, August 27, 2025 - Card & Game Day at 11am!

August Birthdays...

Brenda Johnson - 13th

Michael Todd - 22nd



Think on it...



"Mistakes are a fact of life. It is the response to the error that counts."

~ Nikki Giovanni

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!





August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad, Broccoli Salad, Pasta Salad, Fruit, Crackers, Cake & Milk
4 Ham, Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	5 Fish Sandwich, Green Beans, Blueberry Crisp & Milk	6 Oven Fried Chicken, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	7 Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	8  SOCK HOP @ 11:30pm! HD Only-Hamburger Steak w/Gravy, Peas & Carrots, Rice, Roll, Fruit, Brownie & Milk
11 Turkey Breast w/Gravy, Macaroni & Cheese, Carrots, Baked Apples, Roll & Milk	12 Chicken Salad, Pasta Salad, Cucumber & Tomato Salad, Crackers, Fruit & Milk & Pineapple Juice	13 Cheeseburger, Green Beans, Apple Crisp, & Milk	14 Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	15 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
18 Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding & Milk	19 Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	20 Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	21 Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	22 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
25 Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk	26 Chef Salad w/Turkey, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	27 BBQ Chicken, Macaroni & Cheese, Peas, Peaches, Corn Muffin & Milk	28 Lasagna w/Ground Beef, California Blend Vegetables, Corn, garlic Bread, Peach Cobbler, Milk & Pineapple Juice	29 Chicken Salad, Broccoli Salad, Pasta Salad, Fruit, Crackers, Cake & Milk

