



Currituck County Senior Center's June 2024



Happy Father's Day!

Sunday, June 16, 2024



To Think On...

Book Club...Walking Club... Interested?

The Senior Center in Barco is currently establishing "Interest Only" lists of names of seniors that may be wanting to participate in a Book club and a Walking club possibly in the future. If you would like to participate in either club, please call the senior center at 232-3505 and have your name added to the list.

Outreach...

The **Currituck Senior Center Bell Choir** will be performing at Needham's Adult Care Home at 2pm on Thursday, June 13th!

The Currituck County Senior Center will be hosting a monthly **Alzheimer's Support Group** starting in September! Call 232-3505 to have your name added to an "Interest" list. Additional details will be announced prior to startup.

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

Currituck Senior Center will be **CLOSED** Tuesday, June 4th 10:30am-2pm for an off-site program.

West Virginia Train Trip

Wednesday, September 25 - Friday, September 27, 2024

Your 3 day/2 night trip includes: 2 nights hotel accommodations, 2 breakfast at your hotel, 1 lunch served onboard the Train and 2 fabulous Dinner Shows at the **Grandy Dancer Dinner Theatre!** *Premiere Show:* Enjoy the fine musicianship and performance quality of this Branson-style variety show. Features impersonations, good time comedy interludes and just pure fun! *Tribute to Musical Legends:* Enjoy this amazing show where performers pay tribute to such musical legends as Dolly Parton, Kenny Rogers, John & June Cash, Elvis & many more! Enjoy a **Scenic Railway Journey** onboard the new **Tygart Flyer**, a climate controlled excursion that features two separate mountain grades, an "S" curve tunnel, densely forested slopes and a high bridge over the meandering **Shavers Fork of the Cheat River**. The trip culminates at the **High Falls of Cheat**, a waterfall located in one of the most remote and pristine settings in the region. Cost: \$699 per person, double occupancy. Travel protection (optional) \$79 per person, double occupancy. (Single \$849 per person, travel protection \$92 per person.) **A \$100 deposit per person is due by June 14th!**

Dawn's Words of Wisdom...

"Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there."

-J.R. Rim

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

*special closure on June 4th
see front page

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

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 June...

Tuesday, June 4, 2024 - Senior Picnic at the Currituck Rural Center at 11am! Join seniors from Powell's Point & Knotts Island for Hot Dogs, Hamburgers, fixin's & fun! We will have outdoor games such as Cornhole, Bocce Ball & more! We will leave the center at 10:30am. **Deadline: May 31st!**

Wednesday, June 5, 2024 - Birthday Celebration at 12:30pm!

Friday, June 7, 2024 - 9th Annual World Elder Abuse Awareness Day (WEAAD) Walk (*must have pre-registered in May*)

Monday, June 10, 2024 - In house movie *"The Book Club,"* PG-13 at 12pm! Four lifelong friends (Diane Keaton, Jane Fonda, Candace Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club attempts to shake things up by reading "Fifty Shades of Gray." They discover new romance, rekindle old flames, and inspire each other along the way. Popcorn will be provided.

Friday, June 14, 2024 - Celebrate **"Fathers Day"** by joining us for Coffee & Pastries at 9am!

Tuesday, June 18, 2024 - Ashley Lamb from Albemarle Commission will be giving a follow-up presentation to Dementia Friends with **"Caregiver Support"** at 10:30am!

Tuesday, June 18, 2024 - Trip to Moyock Library to learn about the **"History of lighthouses!"** Given by: Meghan Agresto, Site Manger for Currituck Beach Lighthouse. We will leave the center at 1:30pm. **Deadline: June 14th!**

Monday, June 24, 2024 - Trip to **"The Rusty Crow"** sewing shop and lunch at Hurricane Mo's at 10:30am! Cost: money for lunch. **Deadline: May 20th!**

Friday, June 28, 2024 - Craft Class -**"4th of July Wooden Star Wreath"** at 12:30pm! **Deadline: June 21st!**

June Birthday's...

Nancy Figueroa - 1st
Ramona Waltmeyer - 3rd
Janice Ambrose - 6th
Linda Younkin - 7th
Letitia Spellman - 10th
Diane Anderson - 11th
Joanne DiBello - 25th
Carlota Scroggs - 27th



Cooking with Latesa...

Chewy Chocolate Cherry Bars

Ingredients:

- 1 1/2 cups graham cracker crumbs
- 1/2 cup melted butter
- 1 can (14oz) sweetened condensed milk
- 1 1/2 cups dried cherries
- 1 1/2 cups semi sweet chocolate chips
- 1 cup sweetened shredded coconut
- 1 cup pistachios, chopped

Directions: Preheat oven to 350 degrees. In a small bowl, mix cracker crumbs and butter. Press into a greased 9x13 pan. In a large bowl, mix the remaining ingredients until blended; carefully spread over crust. Bake 25-28 minutes or until edges are golden brown. Cool in pan on wire rack. Cut into bars. www.tasteofhome.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

8-10 Coffee & Chat
9-12 Dominoes
1 Exercise & Bingo

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 Bingo
(No Bingo 19th!)

Thursday's

8-10 Coffee & Chat
11- Exercise Ball
Drumming (Level I)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-10 Coffee & Chat
9-12 Dominoes
1 Bingo
(No Bingo 28th!)

Special For June...

Tuesday, June 4, 2024 - Senior Picnic at the Currituck Rural Center at 11am! Join the Barco & Knotts Island Seniors for Hotdogs, Hamburgers, fixin's & fun! We'll have outdoor games such as Cornhole, Bocce Ball & More! We will leave the center at 10:45am. **Deadline: May 31st!**

Tuesday, June 11, 2024 - Birthday Celebration at 12:30pm!

Thursday, June 13, 2024 - In house movie "The Princess Bride" at 12:30pm. A bedridden boys grandfather reads him the story of a farm boy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love. Adventure, Comedy, Romance starring: Cary Elwes, Mandy Patinkin, Robin Wright. Popcorn & Soda will be served!

Friday, June 14, 2024 - Father's Day Brunch at 10:30am. Lets enjoy some donuts, coffee and more to celebrate upcoming Fathers Day! **Deadline: June 10th!**

Wednesday, June 19, 2024 - "Under the Oaks Art Festival" at 10:30am! Our annual trip to Historic Corolla Park! Many gifted artisans and crafters will have booths for viewing or purchasing. Food Trucks on site. Great time to early Christmas shop! Cost: money for lunch & shopping. **Deadline: June 18th!**

Tuesday, June 25, 2024 - "Floss Art" at 1pm! We will be learning to paint using a string of floss! **Deadline: June 21st!**

Friday, June 28, 2024 - Lunch at HWY55 & Shopping at Ross at 10:30am! Cost: money for lunch & shopping. **Deadline: June 27th!**

June Birthday's...

Judy Phillips - 4th
Dee Riddick - 10th



Laughing with Lorraine...

I gave my father \$100 dollars and said, "Buy something to make your life easier."
So, he bought a present for my mother!

-Rita Radner

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
10-3 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

Special For June...

Tuesday, June 4, 2024 - Senior Picnic at the Currituck Rural Center at 11am! Join the Barco & Powell's Point Seniors for Hot Dogs, Hamburgers, fixin's & Fun! We'll have outdoor games such as Cornhole, Bocce Ball & More! We will leave the center at 9:30am. **Deadline: May 31st!**

Friday, June 7, 2024 - In house movie "Seabiscuit" at 10am! Its racing season with the Triple Crown at stake! Let's celebrate by watching the true story of the undersized Depression-era horse whose victories lifted not only the spirits of the team behind it, but also those of the nation. *Don't forget to sign up for lunch!*

Tuesday, June 11, 2024 - Bonsai Time! Part Two at 1pm! We'll continue working on our trees as they grow taller and sprout more leaves! Don't have a bonsai tree? Starter trees are available for you!

Thursday, June 13, 2024 - Card-making with Pastor Diana at 1pm! June is bustin' out all over and we'll make cards to share with friends and family! *Don't forget to sign up for lunch!*

Tuesday, June 18, 2024 - Trip to Fort Raleigh in Manteo at 9:30am! Fort Raleigh National Historic Site protects and preserves known portions of England's first New World settlements on the coast of North Carolina. **Deadline: June 14th!**

Friday, June 21, 2024 - Game Day at 11am! Let's enjoy summer with games in the park like Cornhole, Croquet and Bocce Ball!

Monday, June 24, 2024 - Birthday Celebration at 1pm! **Deadline: June 21st!**

Thursday, June 27, 2024 - Adventures in Mosaics at 1pm! We'll create beautiful mosaics from broken China, glass shards, pottery pieces and found treasures.

June Birthdays...

Cliff Scott - 12th

Peggy Waterfield - 17th

Judy Peters - 23rd

Robert Clarke - 23rd



"You must remember this" with Mari...

"At midnight in the month of June, I stand beneath the mystic moon..."

-*The Sleeper* by Edgar Allen Poe, 1841

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!

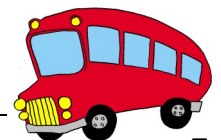
Thank you
Senior Services Staff

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!





June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Smoked Sausage Link on Bun, Baked Beans, Baked Apples, Pudding & Milk</p>	<p>4 (HD Only)</p> <p>Chef Salad w/Turkey & Cheese, Macaroni Salad, Strawberries, Crackers, Cookie & Milk</p>	<p>5</p> <p>BBQ Chicken Leg Quarter, Mac & Cheese, Peas, Fruit, Corn Muffin & Milk</p>	<p>6</p> <p>Lasagna w/Ground Beef, California Blend Vegetables, Corn, Garlic Bread OJ & Milk</p>	<p>7</p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, Pineapple Juice & Milk</p>
<p>10</p> <p>Ham & Cabbage, Red Potatoes, Cornbread, Cake, Pineapple Juice & Milk</p>	<p>11</p> <p>Oven Fried Chicken, Buttered Potato w/Sour Cream, Broccoli, Pears, Roll, Cookies & Milk</p>	<p>12</p> <p>BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk</p>	<p>13</p> <p>Turkey & Cheese Sub, Broccoli Salad, Pineapple, Graham Crackers & Milk</p>	<p>14</p> <p>Hamburger Steak w/Gravy, Brown Rice, Lima Beans, Roll, Brownie & Milk</p>
<p>17</p> <p>Cheeseburger, Green Beans, Apple Crisp & Milk</p>	<p>18</p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, OJ & Milk</p>	<p>19</p> <p>Pork Chop w/Gravy, Succotash, Au Gratin Potatoes, Strawberries, Corn Bread, Cookie & Milk</p>	<p>20</p> <p>Baked Turkey Breast w/Gravy, Carrots, Brown Rice, Baked Apples, Roll, Pudding & Milk</p>	<p>21</p> <p>Chef Salad w/Ham & Cheese, Potato Salad, Pita, Jello, OJ & Milk</p>
<p>24</p> <p>Spaghetti w/Meat Sauce, California Vegetables, Breadstick, Fruit, Pudding & Milk</p>	<p>25</p> <p>Tuna Salad, Macaroni Salad, Three Bean Salad, Crackers, Cookies, OJ & Milk</p>	<p>26</p> <p>Meatloaf w/red sauce, Lima Beans, Brown Rice, Fruit, Roll, Brownie & Milk</p>	<p>27</p> <p>Roast Beef w/Cheese Hoagie, Tossed Salad, Fruit Cocktail, Banana Bread & Milk</p>	<p>28</p> <p>Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk</p>
				