

# Currituck County Senior Center's

## February 2025



### Happy Valentines Day!



#### Senior Outreach...

##### FREE AARP Tax Preparation

Tax preparation is on  
Thursdays ONLY starting  
February 6, 2025

**BY APPOINTMENT ONLY  
(NO Walk-ins!)**

You must be a Currituck  
County resident due to  
limited time slots!

Tax Preparation is geared  
towards low to moderate  
income; certain  
filing restrictions apply.  
Tax preparation is open to  
the public regardless of age.

##### Moyock Library

NCMA will be holding a  
"Creative Impressions"  
workshop for those living  
with memory loss on  
February 12th at 10am.

Registration:  
Moyock Library 435-6419

#### Bell Choir...

The Senior Center Bell  
Choir will be performing at  
Currituck House on  
February 20th!

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

##### Footloose

Limited seating available for "Footloose" at the Sandler Center in Virginia Beach on Friday, April 25, 2025. We will leave the center at 6:15pm. Ren McCormack, a city kid with a strong feeling for music. Ren's life changes when he moves to a small town where rock-n-roll and dancing are criminal activities. When Ren falls in love with the reverend's daughter, Ariel Moore, the music pauses and Ren needs to shape up or make dancing a legal activity once again Cost: Tickets are \$47.71. **Deadline to sign up and pay is February 21st!**

##### Washington DC (DEPOSIT DEADLINE HAS BEEN EXTENDED)

**April 7- April 9, 2025**

Enjoy a 3 Day/2 Night trip to Washington, DC in the Springtime! The DC skyline is marked by some of the world's most celebrated Monuments. In spring, some of the monuments are framed by the beautiful, famous **Cherry Blossom Trees** that surround the Tidal Basin. Your trip includes: 2 nights hotel accommodations, 2 breakfasts at your hotel, 1 lunch and 1 dinner. You will enjoy a lunch cruise aboard the **Brand New Spirit of Washington** where you will spend an unforgettable afternoon on the Potomac River! A guided tour to see sights such as: **Capital Building, Georgetown, National Archives, Washington Monuments, and War Memorials including the Pentagon.** A visit to the **National Mall** that holds more than 12 museums including the **Smithsonian Institute** - the Worlds Largest Museum founded in 1846. Tour of **Arlington National Cemetery** - the most famous cemetery in the country that is the resting place for more than 300,000 veterans. Cost: \$699 per person - double occupancy. Travel insurance is available upon request. **\$100 deposit per person is due by February 14th.**

#### Dawn's Words of Wisdom...

"There is only one happiness in life: To love and be loved."  
-George Sand



#### Support...

##### Alzheimer's Caregiver Support Group

The support group meets on  
the 3rd Thursday of each  
month at 10:30am. Meetings  
take place at the Currituck  
Senior Center in Barco. The  
support group is only for  
caregivers of those with  
Alzheimer's/Dementia. You  
may call the senior center at  
232-3505 or email the group  
facilitator Ellie Galloway at  
[elliegalloway1105@gmail.com](mailto:elliegalloway1105@gmail.com)  
for more information.

##### Mari Mann - Knotts Island Site Manager

Mari will retire on 1/31  
after serving in her position  
for 5 years! We wish her  
much happiness in this new  
chapter and gratitude for  
being apart of our team!

Best Wishes,  
Stacy, Dawn, Lorraine  
and Latesa

## Everyday...

### Monday's

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

*\*10:00 Seniors meet at Albemarle Lanes to bowl*

### 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 12th - 10am*

### Thursday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickleball  
11 Exercise Tapes  
11 Bingo  
12:30-5 Card Room  
*\*Alz. Support Group  
20th -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 February...

**Tuesday, February 4, 2025 - "Bathroom Safety"** with Swimme & Son at 11am. Learn about lowering risk of falls or accidents, bathroom safety guidelines and safety equipment! **Deadline: February 3rd!**

**Wednesday, February 5, 2025 - Birthday Celebration** at 12:30pm!

**Friday, February 7, 2025 - Superbowl Snacks** at 12pm!

**Monday, February 10, 2025 - Craft Class "Valentine's Puzzle Piece Wreath"** at 12:30pm. **Deadline: February 6th!**

**Friday, February 14, 2025 - Valentine's Goodies** at 12pm!

**Friday, February 14, 2025 - In-house movie "Valentine Ever After"** at 12pm! Big city girls Julia and Sydney take a trip to a dude ranch that leads to community service in the small town. Along the way Julia finds love and her true calling in life.

**Deadline: February 12th!**

**Tuesday, February 18, 2025 - "Staying Connected" Digital Literacy Presentation** with Bradley Yates from Albemarle Commission at 10:30am. This presentation is in follow up to January's introductory class. Focus Topic will be determined prior to class. **Deadline: February 14th!**

**Wednesday, February 19, 2025 - History for lunch "North Carolina In The American Revolution"** at Museum of the Albemarle. From the Edenton Tea Party to the Halifax Resolves to the Battle of Guilford Courthouse, North Carolina played a central role in the American Revolution. Dr. Kathleen DuVal, professor of history at the University of Chapel Hill, will discuss how North Carolina's men and women responded to and contributed to the war. We will leave the center at 11:15am. Cost: money for lunch at Big Daddy's following the museum. **Deadline: February 17th!**

**Thursday, February 27, 2025 - Mid-Atlantic Quilt Festival** in Hampton at 10:30am. The 35th annual Mid-Atlantic Quilt Festival will feature everything for quilt, fiber, wearable & textile artist, and home sewers. In addition, MAQF will present the finest collection of quilt, garment, and fiber art exhibitions including quilt and wearable art prize money competitions. Rounding out the event will be workshops and lectures presented by leading instructors along with demonstrations throughout the venue. Cost: Admission \$20 (pay there) and money for lunch at the show. **Deadline: February 25th!**

## February Birthday's...

Ann McNamee - 2nd  
Diana Epple - 5th  
Elsie Saunders - 6th  
Bobbi Badeaux - 11th  
Ken Butkowski - 12th

Anne Lowe - 22nd  
Loretta Sullivan - 25th  
Bill Freethy - 26th  
Sam Miller - 27th  
Beth Miller - 28th

## Cooking with Latesa...

### Ingredients:

- 3 cups sugar
- 3/4 cups milk
- 4 tbsp peanut butter

## Easy Peanut Butter Fudge *from the kitchen of Maggie Carter*

**Directions:** Mix together sugar, milk and peanut butter. Place over med. heat and boil for 5 mins. Remove from stove and beat, ensuring it's well blended. Pour into a buttered pan. Allow to cool and set.

Submitted by: Delores Myers

# 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

### 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

### 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 Exercise & Bingo  
(No Class 14th & 21st)

## Special For February...

**Tuesday, February 4, 2025 - Birthday Celebration** with Banana Splits at 12:30!

**Tuesday, February 11, 2025 - Craft Class "Melted Snowman Coaster"** at 1pm! We will be crafting our melted snowman out of resin. 1 coaster each! Class is limited! **Deadline: February 4th!**

**Friday, February 14, 2025 - Valentines Day Celebration with Knotts Island** at 12pm! We will enjoy Lasagna, salad and breadsticks! Come play Valentine trivia and top the day off with sweets! **Deadline: February 10th!**

**Tuesday, February 18, 2025 - "Pancake Brunch"** at 11am! Join us for Pancakes & Sausage! **Deadline: February 17th!**

**Thursday, February 20, 2025 - In house movie - "She's the Man!"** at 12:30pm. When her twin brother decides to ditch school for a couple weeks, Viola heads over to his elite boarding school, disguised as him, so she can play soccer and proceeds to fall for his school's star soccer player, and soon learns she's not the only one with romantic troubles. Starring: Amanda Bynes and Channing Tatum. Comedy/Romance. Soda and Popcorn served!

**Friday, February 21, 2025 - Trip to "Bass Pro Shop"** at 10:30am. We are traveling up to Virginia to Bass Pro! Don't hunt or fish? Its ok, there's plenty to see and shop, even clothes! We will have an early lunch at Cracker Barrel! Cost: money for lunch and shopping. **Deadline: February 20th!**

**Monday, February 24, 2025 - Trip to Cinema Café** to see *"The Unbreakable Boy,"* A boy has both a rare brittle-bone disease and autism. But what makes Austin truly unique is his joyous, funny, life affirming worldview that transforms and unites everyone around him. The boys father changes his life as he comes to see Austin not as the symbol of something broken, but the triumph of an indestructible spirit. Cost: ticket (pay there) and money for lunch at the theatre. Time is TBA.

## February Birthday's...

Cynthia Bennett - 20th



## Laughing with Lorraine...

Why did George Washington have trouble sleeping on his birthday?

Because he couldn't lie!

-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

10 Puzzles/Games

### Wednesday's

9:30 Walk in the Park

10 Puzzles/Games

### Thursday's

10 Puzzles/Games

### Friday's

10 Puzzles/Games

## Special For February...

\*PLEASE call **252-232-3505** to sign up for lunch/activities until further notice.

Additionally, hours of operation are subject to change as needed.

Thank you!

**Monday, February 3, ,2025 - Decorate for Valentines Day** at 12:15pm! Hearts, flowers and cupids!

**Friday, February 7, 2025 - Pre - super bowl Tailgate Party** at 12pm! Wear the colors of your favorite team, while enjoying Subs and game day snacks! **Deadline: February 3rd!**

**Tuesday, February 11, 2025 - Birthday Celebration** at 12:15pm! Don't forget to sign up for lunch!

**Wednesday, February 12, 2025 - Seed Gardening with Mari** at 1pm! Mari will be on hand to help get you ready for spring planting by starting lettuce, spinach, basil, mint and pepper seeds ... all indoors! **Deadline: February 10th!**

**Friday, February 14, 2025 - Valentine's Day Celebration at Powell's Point!** We will enjoy Lasagna, salad and breadsticks! Come play Valentine trivia and top the day off with sweets! We will leave the center at 10:15am! **Deadline: February 10th!**

**Friday, February 21, 2025 - Card & Game Day** at 11am! We'll play Uno, Bingo & more! Don't forget to sign up for lunch!

**Friday, February 28, 2025 - Card-making w/Pastor Diana** at 11am! Lets make St. Patrick's Day cards!

## February Birthdays...

Ron Johnson - 18th



*"You must remember this" ...*

*"Begin at the beginning, and go on till you come to the end: then stop."*

*-Lewis Carroll, Alice in Wonderland, 1865*

## 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](http://www.CurrituckCountyNC.gov)

Questions:

[Stacy.joseph@CurrituckCountyNC.Gov](mailto: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

Vacant

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!***





# February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	<b>4</b> Pork Chop, Collards, Scalloped Potatoes, Roll, Fruit Crisp & Milk	<b>5</b> Meatloaf, Brown Rice, Lima Beans, Pineapple, Roll & Milk	<b>6</b> BBQ Sandwich, Coleslaw, Buttered Potatoes, Graham Crackers & Milk	<b>7</b> Baked Chicken w/Gravy, Brown Rice, Carrots, Roll, Fruit & Milk
<b>10</b> Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	<b>11</b> Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding & Milk	<b>12</b> Bratwurst Sausage on Bun, Baked Beans, Coleslaw, Brownie & Milk	<b>13</b> Baked Turkey Breast, Stuffing, Brown Rice, Carrots, Cranberry Sauce, Pudding & Milk	<b>14</b> Beef Stew w/Potatoes, Green Beans, Roll, Fruit Cobbler & Milk & OJ
<b>17</b> Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	<b>18</b> Roast Pork w/Gravy, Brown Rice, Succotash, Cornbread, Fruit, Cookie & Milk	<b>19</b> Marinated Chicken Breast, Pasta, Green Beans, Roll, Jello, Milk & OJ	<b>20</b> Fish Filet, Rice Pilaf, Broccoli, Roll, Pineapple, Pudding & Milk	<b>21</b> Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
<b>24</b> Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	<b>25</b> Baked Ham, Sweet Potato, California Blend Vegetables, Roll, Pears, Cake & Milk	<b>26</b> Chili, Pimento Cheese Sandwich, Broccoli, Jello, Milk & OJ	<b>27</b> Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Jello, Fruit & Milk	<b>28</b> BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk

