

# Currituck County Senior Center's

June 2025



Happy Fathers Day!  
June 15th

## Did you know...

...that **Father's Day** taking place on the third Sunday in June was by accident!

Washington was the first state to celebrate Father's Day. In 1909, Spokane resident Sonora Smart Dodd was listening to a Mother's Day sermon at her local church when she had the idea to try to establish a similar day to honor the hard-working fathers of the community. Dodd was the daughter of a widower and Civil War veteran named William Jackson Smart, who raised six children on his own after his wife died during childbirth. She contacted local church groups, government officials, YMCAs, businesses, and other official entities, hoping to gather the community to recognize fathers around the state of Washington. The campaign Dodd embarked upon would eventually culminate in the first statewide Father's Day in 1910.

While Father's Day always takes place on the third Sunday of June now, that date was actually a compromise after the original turned out to be unrealistic. Dodd's goal was for the holiday to be observed on June 5 to land on her father's birthday, but when the mayor of Spokane and local churches asked for more time to prepare for all the festivities involved, it was moved to the third Sunday in June, where it remains today. Officially, the first Father's Day celebration took place on June 19, 1910.

Roses were originally a big part of the Father's Day celebration. The first Father's Day included a church service where daughters would hand red roses to their fathers during the mass. The roses were also pinned onto the clothing of children to further honor their fathers—red roses for a still-living father and a white rose for the deceased. Dodd also brought roses and gifts to any father in the community who was unable to make it to the service. This gave birth to the now-nearly-forgotten tradition of roses as the customary flower of Father's Day.



## Dawn's Words of Wisdom...

"Rise above the storm and you will find the sunshine."  
Mario Fernandez

## 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.

### Parkinson's Support Group

Group meetings take place every 2nd Thursday of the month at the Currituck Library in Barco at 2pm!

Questions:  
Call Jennifer  
252-220-2929

## 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  
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 18th - 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  
19th - 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 June...

**Tuesday, June 3, 2025 - Birthday Celebration** at 12:30pm.

**Wednesday, June 4, 2025 - Making Homemade Jam** w/Sheila & Heather at the Cooperative Extension at 12:30pm.

**Deadline: May 30th!**

**Thursday, June 5, 2025 - 10th Annual World Elder Abuse Awareness Day (WEAAD) Walk!** (Must have pre-registered in May) The walk will begin at the Pasquotank County Courthouse (206 E Main Street) and end at Mariner's Wharf Park (400 S Water Street), where we will have exhibitors, speakers, music and a free lunch. Don't forget to wear purple! We will leave the center at 9:30AM.

**Tuesday, June 10, 2025 - 4 Hour Head Boat Fishing Trip at Rudee Inlet in Virginia Beach!** Hosted by: Parks and Recreation Director, Jason Weeks. Cost: \$40 per person (all supplies provided) and money for lunch. Group will leave from in front of the Senior Center at 6:15am sharp! **Deadline: June 4th!**

**Thursday, June 12, 2025 - Senior Picnic at the Currituck Rural Center!** Join seniors from Powell's Point & Knotts Island for Hot Dogs, Hamburgers, fixin's and fun! We will have outdoor games such as Cornhole, Bocce Ball & more! We will leave the center at 11:15am. **Deadline: June 9th!**

**Friday, June 13, 2025 - Celebrate Father's Day** with Coffee & Pastries at 9am!

**Tuesday, June 24, 2025 - 101 Tech Assistance w/Bradley Yates** from Albemarle Commission from 10:30am - 12pm! There will not be a specific presentation. You can call the senior center at 252-232-3505 to schedule a time slot for one on one help!

**Wednesday, June 25, 2025 - Attention Sewers!** Trip to **The Fabric Hut** in Norfolk at 10:30! Cost: money for shopping and lunch (TBD) **Deadline: June 23rd!**

## June Birthday's...

Janice Ambrose - 6th  
Linda Younkin - 7th  
Letitia Spellman - 11th  
Cathy Hall - 17th  
Linda Miller - 25th  
Carlota Scroggs - 27th



## Cooking with Latesa...

### Ingredients:

- 2 21 oz. cans strawberry pie filling
- 2 packs Martha White Cinnamon Sugar Muffin Mix
- 1 stick butter, thinly sliced

**Directions:** Pour strawberry pie filling into a greased pie dish. Pour muffin mix on top. (do not stir) Place thinly sliced butter on top. Bake at 350 degrees for 50-60 minutes, top with whipped cream or vanilla ice cream and enjoy!

## Strawberry Dump Cake

[www.cookinginthemidwest.com](http://www.cookinginthemidwest.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)  
(Outside!)

**No Drumming 6/12!**

1-3 Puzzles/Checkers/  
Adult Coloring Books

### Friday's

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

**No Bingo 6/13!**

## Special For June...

**Tuesday, June 3, 2025 - Birthday Celebration** at 12:30pm. Celebrate June Birthdays with **"Brownie Ala Mode!"**

**Deadline: June 2nd!**

**Monday, June 9, 2025 - Healthy Fruit Smoothies** at 1pm! Lets get the blender out for a quick and easy way to get in your fruits and veggies! **Deadline: June 6th!**

**Thursday, June 12, 2025 - Senior Picnic at the Currituck Rural Center!** Join Seniors from Barco & Knotts Island for Hamburgers, Hot Dogs, fixins' & fun! We will have outdoor games such as Cornhole, Bocce Ball & More! We will leave the center at 11:30am. **Deadline: June 9th!**

**Friday, June 13, 2025 - Celebrate Father's Day with Pastries & Coffee** at 11am! **Deadline: June 12th!**

**Tuesday, June 17, 2025 - "Under the Oaks Art Festival"** at The Whalehead Club in Corolla. See many artisans and craftsmen, food trucks, music and fun! We will leave the center at 10:30am. Cost: money for shopping and lunch.

**Deadline: June 16th!**

**Monday, June 23, 2025 - Trip to Cinema Café** to see **"How to train your Dragon,"** As an ancient threat endangers both Vikings and Dragons on the Isle of Berk, the friendship between **"Hiccup"** an inventive Viking and **"Toothless"** a Night Fury Dragon, becomes the key to both species forging a new future together. Time is TBA. Cost: ticket and money for lunch. **Deadline: June 20th!**

**Thursday, June 26, 2025 - Coconut Creations: "Healthy Living with a Tropical Twist"** at 1pm. Its National Coconut Day- Join our Coconut Wellness Class brought to you by the Currituck Extension! Learn how coconut products like coconut water, oil and milk can support your health, hydration, and more! Enjoy a free sampling of delicious coconut treats and get hands-on as you create your own unique coconut hanging-basket with a plant you can take home! Don't miss this engaging workshop that combines nutrition, creativity and gardening in one tropical inspired experience!

**Deadline: June 20th!**

## June Birthday's...

Judy Phillips - 4th  
Cordelia Riddick - 10th  
Cindy Kleis - 18th



## Laughing with Lorraine...

"Why did June go to the bakery everyday?"

"To get her daily bread."

-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 June...

**Thursday, June 5, 2025 - Bingo Day** at 11am! Don't forget to sign up for lunch!

**Monday, June 9, 2025** – In-house movie **"Someone like you"** (2024) at 12pm. Shocking news hits when young architect Dawson loses his best friend London. In his heartbreak, Dawson is compelled to launch an impossible search for London's secret twin sister who was separated from her when they were still embryos. But along the way Dawson never planned to fall in love...

**Tuesday, June 10, 2025 - June Birthdays & Father's Day Celebration** at 1pm! Don't forget to sign up for lunch!

**Thursday, June 12, 2025 - Senior Picnic at the Currituck Rural Center!** Join Seniors from Barco & Powells Point for Hamburgers, Hot Dogs, fixins' & fun! We will have outdoor games such as Cornhole, Bocce Ball & More! We will leave the center at 10:15am. **Deadline: June 9th!**

**Friday, June 20, 2025 - Card Making w/Pastor Diana** at 11am! We will be making cards with the themes of Summer and Independence Day! **Deadline: June 17th!**

**Wednesday, June 25, 2025 - Card & Game Day** at 11am! Come out to play Cards (Uno, Triplets, Gin Rummy) Dominoes, Jenga, LRC dice game & more!

**Tuesday, June 26, 2025 - Lunch at Lago Mar Pizza & Shopping at the new VA Vintage!** (Vintage, Thrift & Artisans) We will leave the center at 10:30am. Cost: money for shopping and lunch. **Deadline: June 23rd!**

## June Birthdays...

Cliff Scott - 12th  
Tyson Jolliffe - 15th  
Peggy Waterfield - 17th  
Judy Peters - 23rd  
Dale Johnson - 24th



## "Did you know?" ...

### June used to be the fourth month of the year!

It's hard to picture June falling anywhere other than after May and before July, but the Romans had different ideas to us. Before Caesar's rise to power, the calendar spanned only 10 months, June being the fourth month. The calendar we follow today was first established in 46 BC, bumping June forward a couple of spots.

## ***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!***





# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk	<b>3</b> Chef Salad, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	<b>4</b> BBQ Chicken Thigh, Mac & Cheese, Peas, Peaches, Corn Muffin, Milk	<b>5</b> Lasagna w/Ground Beef, California Blend Vegetables, Corn, Garlic Bread, Peach Cobbler, Milk & Juice	<b>6</b> Chicken Salad on Lettuce Bed, Pasta Salad, Broccoli Salad, Crackers, Fruit, Cake & Milk
<b>9</b> Ham, Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	<b>10</b> Fish Sandwich, Green Beans, Blueberry Crisp, & Milk	<b>11</b> Oven Fried Chicken Breast, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	<b>12</b> <b>Senior Picnic @ The Rural Center!</b> <i>HD ONLY</i> -Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	<b>13</b> Hamburger Steak w/Gravy, Rice, Peas & Carrots, Roll, Fruit, Brownie & Milk
<b>16</b> Turkey Breast w/Gravy, Carrots, Mac & Cheese, Baked Apples, Roll, Pudding & Milk	<b>17</b> Chicken Salad on Lettuce Bed, Pasta Salad, Cucumber & Tomato Salad, Crackers, Grapes, Milk & Juice	<b>18</b> Cheeseburger, Green Beans, Apple Crisp & Milk	<b>19</b> Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	<b>20</b> BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
<b>23</b> Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding & Milk	<b>24</b> Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	<b>25</b> Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	<b>26</b> Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	<b>27</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
<b>30</b> Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk				