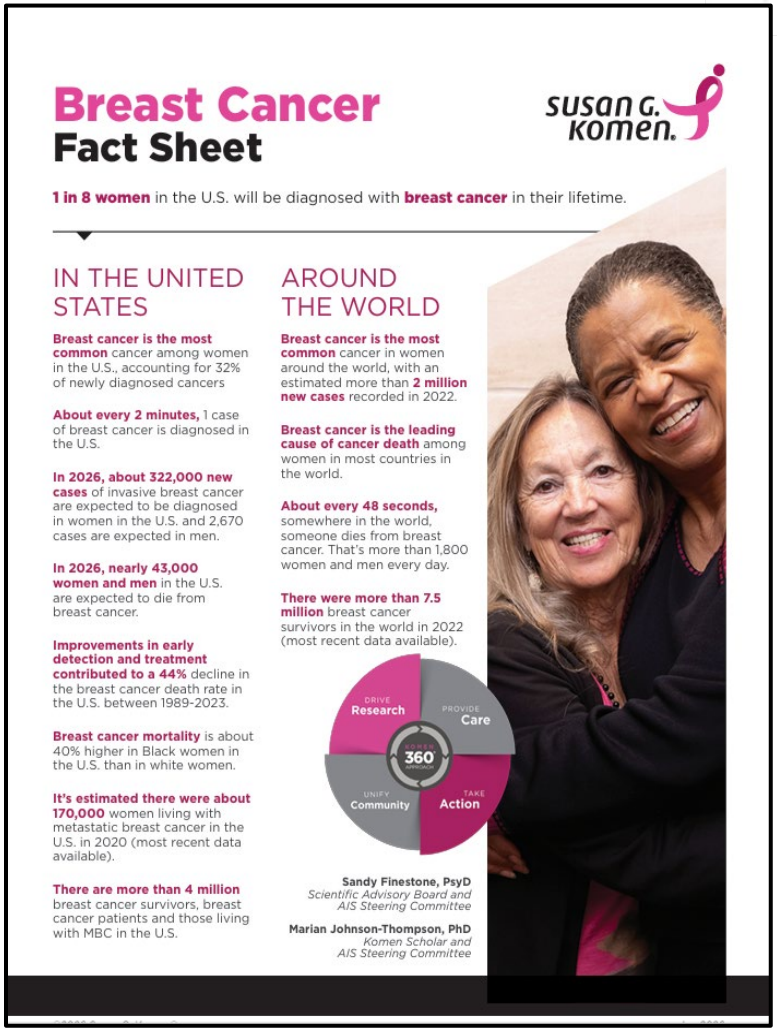
Currituck County Senior Center's

October 2026



October is…
Breast Cancer Awareness Month!



Halloween Fun Facts…

- The first **jack-o'-lanterns** were carved from **turnips**, not pumpkins
- The word "witch" comes from the Old English *wicce*, meaning "wise woman"
- **Halloween's roots** trace back to the ancient Celtic festival of **Samhain**, when the veil between the living and the dead was believed to be thinnest
- The **world's heaviest pumpkin** weighed **2,749 pounds** in 2023
- Seeing a spider on Halloween is said to mean a loved one is watching over you
- The **fastest pumpkin carving** record is **24.03 seconds**

Dawn's Words of Wisdom…

"You can't cross the sea merely by standing and staring at the water."

-Rabindranath Tagore

Corolla…

Scams Presentation
October 14th *(rescheduled from Sept. 9th)*
Corolla library 10:30am

Given By:
Currituck County IT Director Logan Steese
Registration is required: Call 252-232-3505

Hearing Screenings
October 28th

Jennifer Cabe, Hard of Hearing Services Specialist with (NCDHHS) NC Department of Health and Human Services (Raleigh) will be at the Corolla Library from 10am – 4pm to do ***free*** basic hearing screening to Corolla Seniors 55+ who have never had a hearing screening and have never worn hearing aids or cochlear implants.

Seniors **must pre-register for a specific time slot** and will be required to complete a consent form on the day of the event prior to being seen.

Call 252-232-3505 to register by: October 20th

Page 2 - Barco Activities **Page 3:** Powell's Point Activities **Page 4**: Knotts Island Activities **Page 5**: Info **Page 6**: Menu

Everyday…

Monday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
10-12 Sewing Room
11-12 Bingo
12:30-5 Card Room
**2pm 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
12:30 Mahjongg
11 Bell Choir
12:30-5 Card Room

Thursday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
**Alz. Support Group 15th-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 October…

Monday, October 5, 2026 – Oktoberfest Party at 1pm! Join us for snacks, music, and games including a round or two of German themed bingo! Deadline: October 2nd!

Wednesday, October 7, 2026 – **Birthday Celebration** at 12:15pm!

Friday, October 9, 2026 – **Craft Class "*Pumpkin Chalkboard*"** at 12:30pm! Deadline: October 6th!

Tuesday, October 13, 2026 – Shopping trip to **Williamsburg Premium Outlets** at 9am! Cost: money for lunch at the outlets.

Friday, October 16, 2026 – **One on One UNO** lead by Sherrie Payne at 1pm!

Wednesday, October 21, 2026 – **Senior Health & Wellness Day** from 11am – 1pm! Get your flu shot, receive information from varying vendors health, financial, local services and MUCH MORE! This year we have on hand Community Risk Reduction, Hopeline, DHHS – Hearing Impaired, Animal Shelter, and a "hands on" Tech corner just to name a few! 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 boxed lunch will be provided. **Registration Required!** Deadline: October 12th!

Tuesday, October 27, 2026 – **Dipping & Decorating Caramel Apples** at 2pm! Each participant will receive two apples to decorate. Deadline: October 19th!

Thursday, October 29, 2026 – Trip to the **Mariner's Museum!** Tour the Mariners Museum to hear inspiring stories of mariners who risked it all for freedom, to true tales of man conquering the wild seas. The indoor galleries will spark curiosity, wonder and an appreciation for our shared maritime heritage. We will leave the center at 9:15am. Cost: $5 plus money for lunch (to be determined) Deadline: October 16th!

October Birthdays…

Robert Cannon – 1st
Beverly Johnson – 3rd
Janice Denton – 5th
Don Forcht – 6th
Kathy Plante – 8th
Kathy Prieur – 8th
Laurel Bandy – 11th
Blenda Infinger – 12th
Bob Voorhees – 13th
Margaret Wills – 14th
Richard Wadleigh – 16th
AJ Urania – 16th
Hallie Firestone – 20th
Christine Chetelat – 22nd
Monica Rodriguez Hardy – 30th



Cooking with Latesa…

Snickers Cookies

Ingredients:

- 1 tube refrigerated chocolate chip cookie dough
- 24 miniature Snickers candy bars

Directions: Preheat oven to 350 degrees. Cut dough into ¼ inch thick slices. Place a candy bar on each slice and wrap dough around it. Place 2 inches apart on ungreased baking sheet. Bake until lightly browned, 8-10 minutes. Remove to wire racks to cool.



Powells Point Senior Center

8011 Caratoke Hwy
Powells 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
11 Line Dancing
(No class 10/5!)

Tuesday's
8-12 Coffee & Chat
9-12 Dominoes
9:30-11 Book Corner

Wednesday's
8-12 Coffee & Chat
9-12 Dominoes
1 Dominoes

Thursday's
8-12 Coffee & Chat
9-12 Dominoes
11- Exercise Ball Drumming
1-3 Puzzles/Checkers/ Adult Coloring Books

Friday's
8-12 Coffee & Chat
9-12 Dominoes
1 Bingo
(Bingo- 2nd & 23rd only!)

October Birthday's…

"Happy Birthday" to all those born in October!



Special for October…

Monday, October 5, 2026 – **Oktoberfest at Barco!** Join us for snacks, music, and games including a round or two of German themed bingo! We will leave the center at 11:30am! Deadline: October 2nd!

Tuesday, October 6, 2026 – **Birthday Celebration** at 12:30pm!

Wednesday, October 7th, 14th & 28th , 2026 – Cooking Class Wednesday at 1pm! Kicking off football with tailgate goodies!

- October 7th – *"Savory Meatballs!"* Tender juicy and full of Italian flavor! Deadline: October 5th!
- October 14th – *"7 Layer Dip Cups!"* Perfect for a party or gathering served with a tiny spoon! Deadline: October 12th!
- October 28th – *"Posh Piggy's!"* A high-class version of pigs in a blanket! Deadline: October 26th!

Tuesday, October 13, 2026 – **Craft Class "*Masquerade Masks*"** at 1pm! Let's get ready for our Masquerade Party and craft an original mask! Deadline: October 7th!

Friday, October 16, 2026 – **"Angel and the Bad Man" at Cinema Café!** A modern reimagining of the 1947 John Wayne classic, following a feared outlaw who finds refuge with a peaceful rancher's family. As he heals, the kindness of the rancher's daughter leads him to question his violent past, but looming threats force a choice between revenge and redemption. Starring Zachary Levi, Neal McDonough and Tommy Lee Jones. Cost: ticket/money for lunch at the theatre. Time is to be determined Deadline: October 14th!

Wednesday, October 21, 2026 - **Senior Health & Wellness Day at Barco** from 11am – 1pm! Get your flu shot, receive information from varying vendors health, financial, local services and MUCH MORE! This year we have on hand Community Risk Reduction, Hopeline, DHHS – Hearing Impaired, Animal Shelter, and a "hands on" Tech corner just to name a few! 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 boxed lunch will be provided. **Registration Required!** We will leave the center at Deadline: October 12th!

Thursday, October 22, 2026 – In House Movie **"Young Frankenstein"** at 12:30pm! Starring Gene Wilder and Mel Brooks. An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body. Popcorn & soda will be served! Deadline: October 21st!

Friday, October 30, 2026 – **Masquerade Party at 12pm!** Bring your best Mask and let us guess who you are! Knotts Island Seniors will be joining us! Lasagna, Salad and Dessert will be served! Deadline: October 26th!

**** Friday, October 9th - Cashie / Roanoke River trip with boat ride at 9am.*** *(trip was rescheduled from August 28th)*

Laughing with Lorraine…

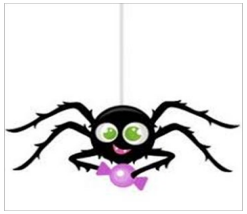
"What do witches use to style their hair in October?"

"*Scare-spray!*" -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
10 Puzzles/Games
11 Ball Drumming
11:30 BP Check/KI Fire Dept. (13th)

Wednesday's
9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise

Thursday's
9:30 Walk in the Park
10 Puzzles/Games
11 Ball Drumming

Friday's
9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise

October Birthdays…

Brenda McLaughlin – 3rd

Donna Flibotte – 18th

Lynne Jennings – 29th



Special For October…

Friday, October 2, 2026 – Game Day at 12:30pm! Card playing, Dominos, Board Games and more!

Monday, October 5, 2026 - Oktoberfest at Barco! Join us for snacks, music, and games including a round or two of German themed bingo! We will leave the center at 10:30am! Deadline: October 2nd!

Tuesday, October 6, 2026 – Card Making w/Pastor Diana for our community outreach project at 12:30pm!! Fall & Halloween Themed! Deadline: October 2nd!

Friday, October 9, 2026 – In House Movie "The Glass House" at 12:30pm! A slick movie thriller. When their parents are killed in a car accident, the teenage lives are suddenly shattered. Starring Leelee Sobieski, Diane Lane, Stellan Skarsgard and Trevor Morgan. Popcorn will be served!

Tuesday, October 13, 2026 – Birthday Celebration at 12:30pm!

Thursday, October 15, 2026 – Scrapbooking w/Pastor Diana at 11am! Scrapbook Gathering at 12:30pm, discover and share creative ideas! Bring your scrapbooks and supplies! Deadline: October 13th!

Monday, October 19, 2026 – Bingo at 12:30pm!

Wednesday, October 21, 2026 - Senior Health & Wellness Day at Barco from 11am – 1pm! Get your flu shot, receive information from varying vendors health, financial, local services and MUCH MORE! This year we have on hand Community Risk Reduction, Hopeline, DHHS – Hearing Impaired, Animal Shelter, and a "hands on" Tech corner just to name a few! 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 boxed lunch will be provided. **Registration Required!** We will leave the center at 10am. Deadline: October 12th!

Thursday, October 22, 2026 – Craft Class "Fall Wreaths" at 11am! Deadline: October 20th!

Friday, October 23, 2026 – Trip to the **"66th Annual Albemarle Craftsman's Fair"** at 9am! Being held this year at the Currituck Cooperative Extension center in Barco. The fair is one of the oldest craft guild shows in North Carolina and features a variety of handcrafted items including pottery, decoys, leather, jewelry, wood crafts, quilting and more! Cost: $4 admission and money for lunch at Southland Restaurant. Deadline: October 20th!

Monday, October 26th & Tuesday, October 27th, 2026 – Community Outreach Project- *Baking Loaf Cakes & Cookies* at 12:30pm for the Volunteers of the Knotts Island United Methodist Church Food Pantry. **Wednesday, October 30th** we will deliver our goodies!

Friday, October 30, 2026 – Trip to Powells Point Senior Center for a **"Masquerade Party"** at 10am. Bring your best Mask and let us guess who you are! Lasagna, Salad & Dessert will be served! Deadline: October 26th!

Think on it …



"Help one another. There's no time like the present, and no present like the time."
~ James Durst

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.

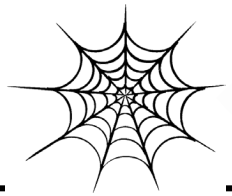
ICPTA 252-338-4480

To receive transportation to a nutrition site please call the senior center you are interested in attending to receive more information!





October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tuna Casserole, Green Beans, Sweet Potato, Cornbread & Milk	**2** Chicken Parmesan, Broccoli, Pears, Garlic Bread & Milk
5 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Applesauce, Roll & Milk	**6** Turkey w/Gravy, Green Beans, Sweet Potato Casserole, Stuffing, Cranberry Sauce, Cake & Milk	**7** Fish Cake, Broccoli, Vegetable Rice Pilaf, Fruit, Roll & Milk	**8** White Chicken Chili, California Blend Vegetables, Cinnamon Apples, Cornbread & Milk	**9** Grilled Cheese Casserole, Baked Tomatoes, Cake, OJ & Milk
12 Lemon Pepper Chicken, Vegetable Rice Pilaf, Creamed Spinach, Fruit Salad, Pudding & Milk	**13** Shrimp Tacos, Mexican Street Corn, Pineapple, Brownie & Milk	**14** Shepards Pie, Mashed Potatoes, Roll & Milk	**15** Turkey & Spinach Pasta Salad, Yogurt w/Strawberries, Crackers, Fruit & Milk	**16** Pork Roast w/Gravy, Brussel Sprouts, Glazed Carrots, Roasted Potatoes, Fruit Cobbler, Roll & Milk
19 Beef Lasagna, Green Beans, Spiced Apples, Garlic Bread, Jello & Milk	**20** Chicken Salad, Broccoli Salad, Pasta Salad, Crackers, Fruit & Milk	**21** **No Congregate Meals** **Special Event** **HD Only**-Turkey Tetrazzini, Roasted Squash & Zucchini, Peaches, Roll & Milk	**22** Baked Ham, Black Eyed Peas, Roasted Sweet Potatoes, Brown Rice, Applesauce, Pudding & Milk	**23** Herb Baked Chicken, Loaded Potato Casserole, Succotash, Strawberries, Cornbread & Milk
26 Beef Burrito, Pinto Beans, Mexican Rice, Peaches, Brownie & Milk	**27** BBQ Chicken Thigh, Mac & Cheese, Peas, Roll, Fruit Crisp & Milk	**28** Pizza Bake, Side Salad, Breadstick, Jello, OJ & Milk	**29** Tuna Casserole, Green Beans, Sweet Potato, Cornbread & Milk	**30** Chicken Parmesan, Broccoli, Pears, Garlic Bread & Milk

