

Currituck County Senior Center's

June 2026



Upcoming...

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, 2026. (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. **Upcoming Market trips will be announced in the July/August newsletters.** *To Qualify:* You must meet lower income guidelines and be ages 60+. Please call 252-232-3505; ask for Stacy Joseph

Cape Cod, Martha's Vineyard & Boston

September 27 - October 2, 2026

6 Day/5 Night trip includes: 5 nights hotel accommodations, 5 breakfast and 3 dinners including **1 fabulous Seafood Dinner!** Enjoy a scenic ferry ride to and a tour of **Marthas Vineyard!** Travel through historic villages with "Gingerbread" cottages and stately white mansions. Enjoy a **guided tour of Boston, Mass - "Where the past and present meet"** with beautiful neighborhoods, history and Old-World charm! See sights along the **Freedom Trail**, as well as Boston Common and Public Gardens! See **Beacon Hill**, the gold-domed state house and the **USS Constitution**, Bunker Hill Monument and drive by "*Cheers,*" where everybody knows your name!

Explore Faneuil Hall and Quincy Market in Boston!

For over 250 years, the marketplace has played an integral role in the life of Boston's residents. **Enjoy touring Hyannis**—Including the John F. Kennedy Memorial, the Korean War Memorial, Hyannis Port and so much more! **Cost: \$1359 per person, double occupancy (\$1799 single) \$100 deposit per person due by June 22nd!**

Please call the senior center at 232-3505 prior to mailing a deposit to ensure your space.

Community Event...

Currituck County will hold a special fireworks show on Saturday, July 4, 2026, as part of the America 250 Celebration.

This event will be held at Muddy Motorsports Park, 5243 Caratoke Hwy, Poplar Branch, NC 27965. Admission and parking will be free. Gates for parking will open at 6 pm.

Attendees may bring their own chairs, blankets, etc. for watching the fireworks. There are no pre-fireworks activities or vendors scheduled.

Currituck County is also hosting its annual Independence Day Celebration in Corolla on Friday, July 3, 2026.

Dawn's Words of Wisdom...

"Keep your face always toward the sunshine, and shadows will fall behind you."

-Walt Whitman

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 - 11:30 Tax Prep
9 Pickleball
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
*Alz. Support Group
18th-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...

Monday's May 4, 2026 - June 29, 2026 - 8 week Walking Club at 9:30am! This will be a low-key self paced walking program that will track individual steps/miles that are accomplished. Each participant will be issued a pedometer, a community park walking map, weekly Educational materials, and compete for weekly prizes! Walk alone or in a group...up to you!

Tuesday, June 2, 2026 - Fishing Trip at Rudee Inlet at 6:15am! (*previously advertised in May, trip full!*)

Wednesday, June 3, 2026 - Birthday Celebration at 12:15pm!

Wednesday, June 10, 2026 - Veterans Scam Presentation at 10:30am! Veterans and military service members: join the NC Department of Justice for a presentation and learn more about identifying prevalent scams and frauds, how to respond if you think you've been scammed, and keeping yourself and your information safe!

Thursday, June 11, 2026 - Elder Abuse Walk at 9:30am! (*previously advertised in May, trip full!*)

Tuesday, June 16, 2026 - Free Hearing Screenings with Jennifer Cabe, Hard of Hearing Services Specialist with (NCDHHS) NC Department of Health and Human Services will be at the Currituck Senior Center from 10am-2pm to do free basic hearing screenings to seniors 55+ who have **never had hearing screenings or hearing tests before and have never worn hearing aids or cochlear implants.** Participants **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. **Deadline to register is June 11th!**

Friday, June 19, 2026 - Celebrate Father's Day with Coffee & Pastries at 9am!

Monday, June 22, 2026 - Shopping trip to Norfolk Premium Outlets at 10:30am! Cost: money for lunch at the outlets.

Wednesday, June 24, 2026 - Craft Class "Paper Beading - Earrings" at 12:30pm! Sue Hutchings will be teaching you how to make your own paper beads and turn them into jewelry! **Deadline: June 15th!**

Monday, June 29, 2026 - Making Homemade Strawberry Jam w/Heather from Cooperative Extension from 10am - 1pm!
Deadline: June 25th!

June Birthday's...

Ramona Waltemeyer - 3rd
Janice Ambrose - 6th
Linda Younkin - 7th
Rita Hendricks - 10th
Cathy Hall - 17th
Joanne DiBello - 25th
Linda Miller - 25th
Carlota Scroggs - 27th



Cooking with Latesa...

Ingredients:

- 2 store bought flatbreads or naan, toasted
- 2 oz prosciutto (or other thinly sliced cured meat)
- 1 crisp-tart apple, thinly sliced
- 2 -4oz burrata balls
- Chopped Marcona almonds, fresh basil and honey, to garnish

Directions: Arrange flatbread on cutting board or cheese board. Layer with prosciutto and apple slices. Tear the burrata into small pieces and divide among the flatbreads. Garnish with chopped almonds, basil and generous drizzle of honey. Slice before serving.

Charcuterie Board Flatbread

www.purewow.com



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 *New* Video
Country Line Dancing

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

Special For June...

Starting Monday, June 1, 2026 - Video **"Country Line Dancing"** will be on Mondays at 11am! Calling all Cowboys & Cowgirls! Let's get moving to great music and learn some dance moves! No partner needed, boots and hats optional! There is an opportunity to learn up to 20 different dances. Every level welcome, beginners to pros!

Tuesday, June 2, 2026 - **Birthday Celebration** w/Banana Splits at 12:30pm!

Wednesday's in June - **"Patriotic Movie Wednesday"** at 12:30pm! Soda & Popcorn will be served!

- **June 3rd** - *"Last of the Mohicans"*
- **June 10th** - *"The Patriot"*
- **June 17th** - *"Saving Private Ryan"*
- **June 24th** - *"Black Hawk Down"*

Friday, June 5, 2026 - **Putt -Putt Golfing at Jurassic World** in Nags Head! Weather Permitting! Bring hats, sunscreen and a bottle of water! We will leave the center at 10:30am. Cost: \$10 cash only and money for lunch at Spanky's Grill! (Rain Date 6/12)

Tuesday, June 9, 2026 - **Craft Class "Patriotic Dangle Brooch"** at 1pm! Make a beautiful patriotic brooch celebrating the upcoming 250 anniversary of our country! **Deadline: June 5th!**

Friday, June 19, 2026 - **"Senior Round Table"** at 1pm! Come give your input on programs and activities you would like to see or continue!

Tuesday, June 23, 2026 - **"Under the Oaks" Art Festival at Whalehead!** Our annual trip to Corolla to stroll along the sidewalks of amazing artisan crafters and grab some food and maybe some ice cream too! We will leave the center at 10:30am! Cost: money for lunch and shopping. **Deadline: June 19th!**

Thursday, June 25, 2026 - **"Red, White & Smoothies"** with Erin and Heather from Cooperative Extension at 1pm! Learn to make colorful, delicious and nutritious "semi quincentennial" smoothies! **Deadline: June 18th!**

June Birthday's...

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



Laughing with Lorraine...

June, where the sunsets are epic and so are
the mosquito bites!"

- 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. (9th)

Wednesday's

9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise
12:30 Line Dancing Video

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

Special For June...

Thursday, June 4, 2026 - Bingo at 12:30pm!

Monday, June 8, 2026 - In house movie "Proof" at 12:30pm! Starring Gwyneth Paltrow and Anthony Hopkins. A story of a young woman haunted by her fathers past and the shadow of her own future!

Tuesday, June 9, 2026 - Birthday Celebration at 12:30pm!

Wednesday, June 10, 2026 - Trip to Williamsburg Premium Outlets at 8:30am! Over 120 stores including Micheal kors, J. Crew and Nautica with strong reviews praising their variety and deals! Cost: money for lunch at Cracker Barrel.

Deadline: June 8th!

Thursday, June 11, 2026 - Scrapbooking w/Pastor Diana at 11am! Deadline: June 9th!

Thursday, June 11, 2026 - Scrapbook Gathering at 12:30pm! Discover and share creative ideas! Bring your scrapbooks and supplies! **Deadline: June 9th!**

Tuesday, June 16, 2026 - Card Making w/Pastor Diana at 1pm! 4th of July themed! **Deadline: June 12th!**

Thursday, June 18, 2026 - Game Day at 12:30pm! LRC, UNO & more!

Tuesday, June 23, 2026 - Trip to Corolla for the "Under the Oaks" Art Festival at Whalehead! The festival brings together a collection of talented artist and visitors can expect to find paintings and prints, photography, pottery, jewelry, woodworks and much more! We will leave the center at 8:30am. Cost: Money for lunch! **Deadline: June 19th!**

Tuesday, June 30, 2026 - Bonsai Care Class w/Mari Mann at 12:30pm! Learn to grow and train your Bonsai trees for spring growth and blooming! If you do not have a tree, once can be provided. **Deadline: June 26th!**

June Birthdays...

Clifford Scott - June 12th

Judith Peters - 23rd

Dale Johnson - 24th



Think on it ...



"Being a volunteer means you have offered yourself for a service or activity willingly and without pay; in this, your true reward is the fulfillment from knowing you have made a difference."

-Anonymous

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 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Baked Beans, Baked Apples, Yogurt & Milk	2 Chef Salad w/Turkey & Cheese, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	3 BBQ Chicken, Mac & Cheese, Peas, Peaches, Cornbread & Milk	4 Ham & Cheese Sub, Cucumber & Tomato Salad, Fruit, Graham Crackers & Milk	5 Crab Salad on lettuce Bed, Pasta Salad, Broccoli Salad, Crackers, Cake, Pineapple Juice & Milk
8 Ham, Cabbage, Au Gratin Potatoes, Cornbread, Cake, Pineapple Juice & Milk	9 Tuna Salad, Macaroni Salad, Bean Salad, Crackers, Fruit, Jello & Milk	10 Oven Fried Chicken Breast, Alfredo Noodles, Broccoli, Pears, Roll, Cake & Milk	11 Salad w/Turkey & Cottage Cheese, Potato Salad, Pears, Crackers, & Milk	12 Hamburger Steak w/Gravy, Brown Rice, Peas & Carrots, Roll, Fruit, Brownie & Milk
15 Turkey Breast w/Gravy, Mac & Cheese, Carrots, Baked Apples, Roll, Pudding & Milk	16 Chicken Salad, Cucumber & Tomato Salad, Pasta Salad, Crackers, Fruit, Pineapple Juice & Milk	17 Cheeseburger, Green Beans, Apple Crisp & Milk	18 Club Sub, Side Salad, Fruit Cocktail, Brownie & Milk	19 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
22 Spaghetti w/Meat Sauce, California Blend Vegetables, Fruit, Breadstick, Pudding & Milk	23 Tuna Salad, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Milk & OJ	24 Pork Chop w/Gravy, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	25 Philly Cheesesteak, Mac & Cheese, Green Beans, Fruit Cocktail, Cake & Milk	26 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk
29 Hot Dog Baked Beans, Baked Apples, Yogurt & Milk	30 Chef Salad w/Turkey & Cheese, Macaroni Salad, Pineapple, Crackers, Cookie & Milk			