



Currituck County Senior Center's

November 2024



Happy Thanksgiving!



In the Community...

Elderly Food Basket Program

The Currituck County Senior Center will be collecting can/box food items to help support this program sponsored by the Currituck County Dept. of Social Services.

Please stop by and place your donation in the box located in our lobby by **December 6th!**

Santa for Seniors

The holiday season is a joyous time of year for many people, but can be lonely for some older adults who may not have family or friends to celebrate with. The Currituck County Senior Center will be accepting donations for our annual **Home Bound Christmas bags**. New/unopened items will be accepted only. Donation examples include: tissues, hand soap, hand sanitizer, unscented lotion, Dove body soap & Wrapped candy. Donations will be accepted through **December 6th**

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

Senior Centers will be **CLOSED** on **Monday, November 11th** for Veterans Day!
Thursday, November 28th & Friday, November 29th for Thanksgiving!

Senior Tarheel Athletic Card

Do you attend your local high school athletic games? If yes, you need the Senior Tar Heel Card!

The card is an opportunity for older adults 60+ to support their high school aged community/or family members. Card holders will be given free or discounted admission depending on the school policy.

Note: Not all counties participate and its up to the card holder to verify school participation prior to attending event.

Corolla

November 20th - Corolla Seniors 55+ Shopping trip to the **Norfolk Premium Outlets!**

Cost: money for lunch at the Outlets. You must call the Currituck Senior Center at 252-232-3505 to sign up! Pick up will be at Food Lion in Southern Shores at 9am.

Deadline: November 15th!

Dawn's Words of Wisdom...

"Taking Initiative is a form of self-empowerment."
Stephen Covey

Senior Outreach...

The **Senior Center Bell Choir** will be performing at "Precious Gifts Educational Center" and "Shawboro Elementary" in November!

The **Powell's Point Senior Center** is making Hot/Cold packs for Jarvisburg Church of Christ seniors that will be distributed in December!

The **Knotts Island Senior Center** will be partnering with the Knotts Island Girl Scouts on a **Community Service Project**. They will be sewing and decorating fabric gift bags to fill and distribute to the community!

Support...

The **Parkinson's Support Group** will meet Thurs. Nov. 14th at 2pm at the Currituck County Library in Barco. Discussion will be on different methods used to diagnose this disease.

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 13th @ 10:30

Thursday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
9-5 Horseshoes
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
*Alzheimer's Support Group 21st @ 10:30

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 November...

Holiday Craft Series at 12:30pm on the following dates:

Friday, November 1st - "Snowman Hat Candle" Deadline: October 29th!

Friday, November 8th - "Mason Jar Lid Ornament" Deadline: November 1st!

Friday, November 15th - "Holiday Diamond Art" Cost: \$5 Deadline: November 1st!

Friday, November 22nd - "Clothespin Ornaments" Deadline: November 15th!

Monday, November 4, 2024 - Trip to the Norfolk Zoo at 10:30am! Cost: \$15.95 (pay there) *additional discounts may apply for Military, disabled persons, 1st responders, etc. You will also need money for lunch at Cracker Barrel prior to the zoo!

Tuesday, November 12, 2024 - AARP Safe Driving Instructional Course from 1-5pm. Gain useful information and possibly save money on your insurance by completing this "Instructional only non-driving" course! Cost: \$20 members, \$25 non-members and must be paid by check made payable to "AARP." **Deadline to sign up and pay: November 8th!**

Wednesday, November 13, 2024 - "Don't Get Hooked! Outsmarting Scammers in the Digital Age" at 10:30am. Join Logan Steese for a lively and engaging session where he will expose the latest tricks and traps set by scammers. In this fun and informative presentation, you'll learn how to spot sneaky phishing emails, suspicious phone calls, and online scams designed to fool even the sharpest among us. Logan will provide easy-to-remember tips, real-life examples, and a dose of humor to help you stay one step ahead. Whether it's fake tech support, prize-winning calls, or too-good-to-be-true offers, we've got the tools to help you protect yourself and enjoy your tech-savvy life without worry.

Tuesday, November 19, 2024 - Kayla White from Albemarle Commission will be here to discuss and help with the process of **"Respecting Choices"** at 11am. This is an Advance Care Planning Workshop that educates older adults and caregivers about the importance of pre-planning and advance directives. Participants will be provided Living Will and Health Care Power of Attorney forms to complete at their leisure. One on one support will also be provided, as needed, to help navigate the process of the legal documents regarding, Advance Directives, at their leisure. **Deadline: November 15th!**

Monday, November 25, 2024 - Breakfast at The Dunes and Christmas Shopping at 9am! Enjoy breakfast at The Dunes Restaurant followed by shopping at *The Christmas Shop* in Manteo & *The Christmas Mouse* in Nags Head! Cost: money for Breakfast and shopping. **Deadline: November 21st!**

November Birthday's...

Janet Fairley - 1st
Toni Minnis - 5th
Joseph Varga - 8th
Ed Robb - 21st
Nathan Capps - 23rd



Cooking with Latesa...

- 2 cups biscuit/baking mix
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 large eggs, room temperature
- 1-1/2 cups 2% milk
- 6 tablespoons butter, melted
- 1 cup chopped peeled apple

Apple Spiced Waffles

Preheat waffle maker. In a bowl, combine biscuit mix, cinnamon & nutmeg. In another bowl, whisk eggs, milk and butter; stir into dry ingredients just until moistened; stir in apple. Bake waffles according to manufacturer's directions until golden brown.



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 Exercise & Bingo
(No Class 13th & 27th!)

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 8th)

Special For November...

Tuesday, November 5, 2024 - "Banana Splits" Birthday Celebration at 12:30pm. **Deadline: November 4th!**

Tuesday, November 5th, 12th, 19th & 26th, 2024 - Sewing Project "Hot/Cold Packs" at 1pm. Every Tuesday in November we will be taking on a community service project! We will be sewing together and stuffing hot/cold packs for seniors at the Jarvisburg Church of Christ. You don't need to be an expert seamstress, we will all work together!

**Thursday 11/21- additional sewing day, if needed!*

Friday, November 8, 2024 - Trip to **Hobby Lobby** and lunch at **The Sandwich Shop** at 10:30am! Grab those last minute decorations for the holidays! **Deadline: November 7th!**

Wednesday, November 13, 2024 - "Don't Get Hooked! Outsmarting Scammers in the Digital Age! Join Logan Steese for a lively and engaging session at the Currituck Senior Center- Barco where he will expose the latest tricks and traps set by scammers. In this fun and informative presentation, you'll learn how to spot sneaky phishing emails, suspicious phone calls, and online scams designed to fool even the sharpest among us. Logan will provide easy-to-remember tips, real-life examples, and a dose of humor to help you stay one step ahead. Whether it's fake tech support, prize-winning calls, or too-good-to-be-true offers, we've got the tools to help you protect yourself and enjoy your tech-savvy life without worry. We will leave the center at 10am and have lunch following the presentation at Currituck BBQ! **Deadline: November 8th!**

Friday, November 15, 2024 - Trip to **Cinema Café** to see "The Best Christmas Pageant Ever!" Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the towns yearly Christmas performance! Starring Lauren Graham, Judy Greer and Pete Holms. Cost: ticket and money for lunch at the theatre. Time TBA.

Wednesday, November 27, 2024 - **Thanksgiving Social @ Knotts Island!** We will join our friends at the Knotts Island Senior Center for Turkey Sliders with Cranberry Sauce, Sweet Potatoes, Collards & Pie! We will leave the center at 10:45am. **Deadline: November 22nd!**

November Birthday's...

Happy Birthday to ALL
Currituck Seniors born in
November!



Laughing with Lorraine...

"Why did the scarecrow win an award in November?"

"Because he was outstanding in his field!"

-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...

Special For November...

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

Friday, November 1, 2024 - Card & Game Day at 1pm! Uno, Mahjong, bocce ball and more!

Tuesday, November 5, 2024 - CLOSED for Voting!

Wednesday, November 6, 2024 - Decorate for Thanksgiving at 1pm! Turkeys, pumpkins and cornucopias will fill the building to celebrate Thanksgiving!

Friday, November 8, 2024 - 3rd Annual Veterans Day Picnic at 12pm! Lets honor our veterans with a picnic in the park! Chili, Cornbread, potato salad, and macaroni and cheese. Veterans of any age are welcome; non-veterans must be 55+. You **MUST** register by **November 4th!**

Tuesday, November 12, 2024 - Community Service Project with the KI Girl Scouts at 1pm! To help the Senior Girl Scouts fulfill their "Community Service" and "Textile Artist" badges, we will coordinate with them to sew and decorate fabric gift bags to fill and distribute to the community! **We will meet again to finish this project on Tuesday, November 19th at 1pm!*

Friday, November 15, 2024 - Birthday Celebration at 1pm!

Wednesday, November 20, 2024 - Trip to The Museum of the Albemarle at 9:30am! **History for Lunch: Indian Tribes of NC** - featuring the Haleiwa Saponi Tribe spokesperson at 12pm! We'll pack a bag lunch for this trip! **Deadline: November 15th!**

Friday, November 22, 2024 - Card-Making with Pastor Diana at 1pm! We will make Thanksgiving Cards to give and keep!

Wednesday, November 27, 2024 - Thanksgiving Social with Powell's Point at 12:30pm! We will celebrate Thanksgiving by hosting the Powell's Point Seniors. We will enjoy Turkey Sliders with Cranberry Sauce, Sweet Potatoes, Collards and Pie!
Deadline: November 22nd!

November Birthdays...

Pat Goldman - 13th
Margaret Flanagan - 16th
Chichi Louie - 19th
Kathy White - 21st
Cindi Watts - 26th



"You must remember this" with Mari...

"Things we lose have a way of coming back to us in the end, if not always in the way we expect."

-Luna Lovegood in Harry Potter and the Order of the Phoenix
by JK Rowling

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!

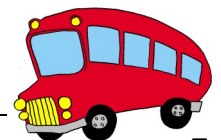
Thank you
Senior Services Staff

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!





November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
4 Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	5 Knotts Island CLOSED Baked Ham, Sweet Potato, California Blend Vegetables, Roll, Pears, Cake & Milk	6 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Milk & OJ	7 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Jello, Fruit & Milk	8 BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk
11 CLOSED Veteran's Day!	12 Pork Chop, Collards, Scalloped Potatoes, Roll, Fruit Crisp & Milk	13 Meatloaf, Brown Rice, Lima Beans, Pineapple, Roll & Milk	14 BBQ Sandwich, Coleslaw, Buttered Potatoes, Graham Crackers & Milk	15 Baked Chicken w/Gravy, Brown Rice, Carrots, Roll, Fruit & Milk
18 Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	19 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding & Milk	20 Bratwurst Sausage on Bun, Baked Beans, Coleslaw, Brownie & Milk	21 Baked Turkey Breast w/Gravy, Brown Rice, Stuffing, Carrots, Pudding & Milk	22 Beef Stew, Green Beans, Roll, Fruit Cobbler, Milk & OJ
25 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	26 Roast Pork w/Gravy, Brown Rice, Succotash, Cornbread, Cookie, Fruit & Milk	27 Marinated Chicken Breast, Pasta, Green Beans, Roll, Jello, Milk & OJ	28 CLOSED	29 CLOSED

Happy Thanksgiving!

