

Currituck County Senior Center's

July 2025



Happy 4th of July!



Corolla...

Corolla Yoga will be taking a break for the summer months of July and August; class will resume in September. Staff will be in touch with all participants prior to the start of the new season.

A Special "Thank You" to Sarah and Denise for another great year!

Did you Know...

Currituck County Government has a...

Vision Statement:

"A sustainable, economically diverse environment that preserves natural resources and strengthens livelihoods."

Mission Statement:

"Currituck County is committed to preserving our heritage and providing quality services while maintaining a safe, healthy and thriving community for all."

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

**All 3 sites will be CLOSED on Friday, July 4, 2025
for Independence Day!**

Farmers Market Vouchers and Market Trip

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, 2025. (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. *We will take our first market trip to Edenton on Wednesday, July 16th. To Qualify:* You must meet lower income guidelines and be ages 60+. Please call 252-232-3505; ask for Stacy Joseph.

Dawn's Words of Wisdom...

"Sometimes later becomes never. Do it now."
-Unknown

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 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

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

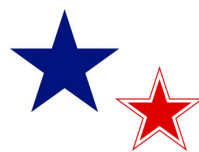
8-5 Billiards
8-5 Table Tennis
9 Pickleball
9:30 Scrabble/Upwards
10-12 Sewing Room
11 Bell Choir
12:30-5 Card Room
*Book Club 16th - 10am

Thursday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
*10:00 Seniors meet at
Albemarle Lanes to bowl
*Alz. Support Group
17th - 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 July...

Wednesday, July 2, 2025 - Birthday Celebration at 12:30pm!

Wednesday, July 2, 2025 - Trip to Cinema Café in Edinburgh to see "Jurassic World: Rebirth," Five years after the events of *Jurassic World Dominion*, Earth's environment has largely proven inhospitable to dinosaurs and other extinct prehistoric animals. The surviving creatures now reside in remote, tropical locales, reminiscent of the environments where they once flourished. Zora Bennett, a covert operative, is recruited by a pharmaceutical company to collaborate with paleontologist Dr. Henry Loomis and Team Leader Duncan Kincaid on a top secret mission. Cost: ticket & money for lunch at the theatre. Time is TBA.

Thursday, July 3, 2025 - 4th of July Craft Class "Coastal American Flag" at 12:30pm! Deadline: July 1st.

Monday July 7, 2025 - Monday, August 11, 2025 - 6 week Ball Drumming Class w/Lorraine at 1pm! Movement, Music & Fun!

Tuesday, July 8, 2025 - Decluttering Presentation w/Beverly Mineo at 10:30am! Learn how to start the process of decluttering, setting goals, setting a time to downsize and much more! **Deadline: July 7th!**

Wednesday, July 16, 2025 - Edenton Farmers Market Trip at 2pm! (*Market Voucher recipients take priority on sign up list!*)

Monday, July 21, 2025 - Tidewater Winds Concert "When in Rome" at Regent University in Virginia Beach. Inspired by the timeless saying, this concert will transport you to the heart of Italy with a program that evokes the grandeur of Maestro Brewington, whose recent visit to Rome serves as the inspiration for this musical journey, we will explore the rich and dramatic sounds of Italy's greatest composers. The evening begins with the stirring works of Verdi, Rossini and Puccini. When in Rome, the experience is truly unforgettable! We will leave the center at 6pm! **Deadline: July 17th!**

Friday, July 25, 2025 - Bingo & Dinner 2-5pm! Deadline: July 23rd!

Tuesday, July 29, 2025 - 101 Tech Assistance w/Bradley Yates from Albemarle Commission one on one appointments from 10:30am - 12pm! Call the senior center at 252-232-3505 to schedule your time slot!

Thursday, July 31, 2025 - "Rigoletto's" Italian Bakery & Café at Redmill Commons in Virginia Beach! The second stop in our quarterly *Diners, Drive-ins & Dives* series! Enjoy shopping at Redmill Commons prior to lunch at the bakery & café at 1pm! We will leave the center at 10am! Cost: money for shopping and lunch. **Deadline: July 25th!**

July Birthday's...

Joan West - 1st
Bob Williams - 6th
Cynthia Youmans - 8th
Ruth Hughes - 10th
Chuck Moore - 18th
Judy Mauk - 20th



Cooking with Latesa...

Ingredients:

- 2 Tbsp Cumin
- 2 Tbsp Paprika or Smoked Paprika
- 1 Tbsp Ground Coriander
- 1 Tbsp Garlic Powder
- 1 Tbsp Turmeric

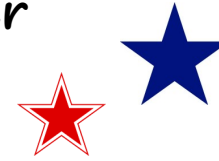
Shawarma Seasoning

- 1 tsp Dried Oregano
- 1 tsp Cardamom
- 1 tsp Cinnamon
- 2 tsp salt
- 2 tsp pepper

Directions: Combine all spices in a medium sized bowl, mix to combine. Store in an airtight container in a cool dry place for up to 6 months.

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!)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-12 Coffee & Chat
9-12 Dominoes
1 Bingo
(No Bingo 11th!)

Special For July...

Tuesday, July 8, 2025 - Birthday Celebration at 12:30pm!

Thursday, July 10, 2025 - In house movie - **"Men of Honor"** at 12:30pm! Carl Brashear (Cuba Gooding Jr.) is an ambitious sharecropper who joins the U.S. Navy to become the world's first black master diver. But as he works through diving training, the racist Master Chief (Robert Denaro) sets out to make Carl's journey as difficult as possible.

Friday, July 11, 2025 - Christmas in July! A trip to **"The Christmas Shop"** in Manteo and lunch at **Darryl's!** We will leave the center at 10:30am. Cost: money for shopping and lunch. **Deadline: July 9th!**

Tuesday, July 15, 2025 - Craft Class "Decorative Lamp Post" Part One at 1pm! Make a beautiful lamp to light up your yard! Solar light included. **Deadline: July 11th!**

Tuesday, July 22, 2025 - Craft Class "Decorative Lamp Post" Part Two at 1pm! *(Must have completed part one.)*

Thursday, July 24, 2025 - Making Salsa w/Heather from Cooperative Extension at 1pm! We will be chopping and mixing to make delicious homemade salsa! Maybe learn a little Spanish too! **Deadline: July 21st!**

Friday, July 25, 2025 - Bingo & Dinner at the Barco center! We will leave the center at 1:15pm. **Deadline: July 23rd!**

Tuesday, July 29, 2025 - Resin Jewelry & Pizza at the Knotts Island center! We will be traveling to Knotts Island for a fun afternoon of crafting resin charms for necklaces and enjoying Pizza for lunch! We will leave the center at 10:45am. **Deadline: July 21st!**

***Due to special programming at the Barco Senior Center, the Powells Point Senior Center will serve lunch at 11:30AM and CLOSE at 12:15pm Monday's July 7th - August 11th!**

July Birthday's...

Candy Summerlin - 26th



Laughing with Lorraine...

"Did you hear about the man and woman who just had a baby
and named her June-July-August?"

"They call her summer for short."

-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 July...

Thursday, July 3rd, 2025 - Celebrate July Birthdays & the 4th of July with Banana Splits at 1pm!

Monday, July 7, 2025 - Bingo Day at 11am!

Wednesday, July 9, 2025 - In house movie "Its Complicated" starring Meryl Street, Steve Martin, and Alec Baldwin at 12pm! When attending their son's college graduation, a couple reignite the spark in their relationship. But the complicated fact is they're divorced and he's remarried.

Friday, July 11, 2025 - Bonsai Tree time at 1pm! Pete, *The Bonsai Guy* will return to check the progress of your Bonsai tree! If you don't have a tree, a starter tree will be available!

Wednesday, July 16, 2025 - Trip to Parkway House Restaurant in Elizabeth City for Brunch, followed by a trip to **The Museum of the Albemarle** to hear author and local historian, **Robin Daniels**, chronicle the lives of women in the Outer Banks in the early 20th century. We will leave the center at 9:15am. Cost: money for Brunch. **Deadline: July 11th!**

Friday, July 18, 2025 - Cardmaking w/Pastor Diana at 11am.

Tuesday, July 22, 2025 - Shopping Trip to Norfolk Premium Outlets at 10am! Cost: money for shopping and lunch at the outlets. **Deadline: July 18th!**

Friday, July 25, 2025 - Scrapbooking w/Pastor Diana at 11am!

Tuesday, July 29, 2025 - Resin Jewelry & Pizza with the Powell's Point Seniors! Powell's Point Seniors will be joining us for a fun afternoon of crafting resin charms for necklaces and pizza for lunch! Fun begins at 12:30pm! **Deadline: July 15th!**

Thursday, July 31, 2025 - Card & Game Day at 11am!

July Birthdays...

Vickie Dixon - 18th
Debra Tando - 23rd
Don Austin - 24th
Cindy Scott - 28th



"Did you know?" ...

The Liberty Bell didn't ring on July 4th, 1776.

The famous story of the Liberty Bell ringing to announce independence is a myth—the bell was actually cracked and couldn't ring at that time.



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!





July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chef Salad w/Turkey, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	2 BBQ Chicken, Macaroni & Cheese, Peas, Peaches, Corn Muffin & Milk	3 Lasagna w/Ground Beef, California Blend Vegetables, Corn, garlic Bread, Peach Cobbler, Milk & Pineapple Juice	4 CLOSED! <i>Happy 4th of July!</i> 
7 Ham, Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	8 Fish Sandwich, Green Beans, Blueberry Crisp & Milk	9 Oven Fried Chicken, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	10 Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	11 Hamburger Steak w/ Gravy, Peas & Carrots, Rice, Roll, Fruit, Brownie & Milk
14 Turkey Breast w/Gravy, Macaroni & Cheese, Carrots, Baked Apples, Roll & Milk	15 Chicken Salad, Pasta Salad, Cucumber & Tomato Salad, Crackers, Fruit & Milk & Pineapple Juice	16 Cheeseburger, Green Beans, Apple Crisp, & Milk	17 Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	18 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
21 Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding & Milk	22 Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	23 Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	24 Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	25 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
28 Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk	29 Chef Salad w/Turkey, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	30 BBQ Chicken, Macaroni & Cheese, Peas, Peaches, Corn Muffin & Milk	31 Lasagna w/Ground Beef, California Blend Vegetables, Corn, garlic Bread, Peach Cobbler, Milk & Pineapple Juice	