



Currituck County Senior Center's

July 2024



Happy 4th of July!



To Think On...

Book Club...Walking Club... Interested?

The Senior Center in Barco is currently establishing *"Interest Only"* lists of names of seniors that may be wanting to participate in a Book club and a Walking club possibly in the future. If you would like to participate in either club, please call the senior center at 232-3505 and have your name added to the list.

Hand and Foot...Five Crowns... Interested in learning how to play?

We have folks that would love to teach you! Join in on the fun by calling the senior center at 232-3505 and have your name added to the interest list.

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

All 3 sites will be **CLOSED** on Tuesday, July 4, 2024
for Independence Day!

Farmers Market Vouchers and Market Trip

The Seniors Farmer's Market Nutrition Program (SFMNP) provides participants with coupons to purchase fresh fruit and vegetables at the local Farmer's Markets. The program is designed to improve the nutrition of older adults and increase business for local farmers. 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 24th.*
To Qualify: You must meet lower income guidelines and be ages 60+. Please call 252-232-3505; ask for Stacy Joseph.

Outreach...

The Currituck County Senior Center will be hosting a monthly **Alzheimer's Support Group** starting in September! Call 232-3505 for additional details and to register.

Corolla...

Corolla Yoga will be taking a break for the summer months of July and August; class will resume in September. A Special "Thank You" to Sarah and Denise for a great year!

Stay tuned for upcoming information on:

- September Yoga
- CPR/First Aid Class
- Seasonal Trips
- Educational/Health Presentations

Dawn's Words of Wisdom...

"One flag, one land, one heart, one hand, One Nation, evermore!"

-Oliver Wendell Holmes



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
 10-12 Art Room
 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
 12:30-5 Card Room

Thursday's

8-5 Billiards
 8-5 Table Tennis
 9 Pickleball
 9-5 Horseshoes
 10-12 Art Room
 11 Exercise Tapes
 11 Bingo
 12:30-5 Card Room

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...

Tuesday, July 2, 2024 - "Mystery Trip" with Powell's Point! Be prepared to go far, but not too far! We will leave the center at 10:30am. Cost: money for lunch & shopping! **Trip is limited! Deadline: June 28th!**

Wednesday, July 3, 2024 - 4th of July themed Birthday Celebration at 12:30pm!

Monday, July 8, 2024 - Tidewater Winds Concert "Harmonically Yours" at Regent University in Virginia Beach! The Winds will revisit the musical diary of your life performing new and nostalgic music to spark fond memories in all of us. Dr. George Miklas joins the winds featuring music in the style of the *Harmonicats*, including **Peg of My Heart, Orange Blossom Special, and Sousa's Harmonica Wizard March!** We will leave the center at 6pm. **Deadline: July 3rd!**

Thursday, July 11, 2024 - "Financial Planning" Presentation given by State Employees Credit Union at 11am! A free boxed lunch will provided to those who register by the deadline. **Deadline: July 8th!**

Wednesday, July 17, 2024 - History for Lunch "Legacies of Survival: Enslaved Peoples Journeys through The Civil War," at Museum of the Albemarle. Joshua Strayhorn, PhD, a Mellon Humanities Postdoctoral fellow with the National Park Service, will discuss the legacies of freedom seekers in North Carolina by highlighting how enslaved people used the strategies they developed during slavery. We will leave the center at 11:00am. Cost: money for lunch at **IHOP** following the museum. **Deadline: July 15th!**

Friday, July 19 and Friday, July 26, 2024 - 2 Part "String Art" Craft Class at 12:30pm. *You must commit to both classes. A \$5 refundable deposit is required. **Deadline: July 12th!**

Tuesday, July 23, 2024 - Cooking Class "Blueberry Crumb Cake" at 2pm! Limited Spaces! **Deadline: July 19th!**

Wednesday, July 24, 2024 - Edenton Farmers Market Trip at 2pm! (Market Voucher recipients take priority on sign up list!)

Monday, July 29, 2024 - Monday Night Bunco & Pizza Dinner from 2-5pm. Cost: \$3 for prizes. **Deadline: July 24th!**

July Birthday's...

Joan West - 1st
 Ruth Hughes - 10th
 Marcella Moore - 18th
 Judy Mauk - 20th
 Wayne Twiford - 23rd
 Don Austin - 24th
 Jan Eanes - 27th



Cooking with Latesa...

Ingredients:

- 1/4 cup hot water
- 1/2 cup marshmallow creme
- 1/2 envelope Dream Whip
- 1 Tbsp confectioners sugar
- 1 pinch salt

Butterbeer

Butterbeer:

- 1/2 cup butterscotch flavoring syrup
- 1/4 tsp butter extract
- 1/4 tsp caramel extract
- 2 cans cream soda, chilled
- 2 tsp butterscotch flavoring syrup

Directions: In a large bowl, stir together hot water and marshmallow crème until smooth. Freeze until cool, 20-25 mins. Stir whipped topping mix, confectioners sugar and salt; blend with a hand mixer until foamy, 30-60 seconds. Stir in butterscotch syrup and extracts. Pour soda into two 16 oz mugs; stir in butterscotch syrup. Top with Butterbeer Foam.



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
Please Sign up!
(No Class 7/22!)

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 Bingo
(No Bingo 7/31!)

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

Special For July...

Tuesday, July 2, 2024 - "Mystery Trip" with Barco! Be prepared to go far, but not too far! We will leave the center at 10am. Cost: money for lunch & shopping! **Trip is limited! Deadline: June 28th!**

Tuesday, July 9, 2024 - "Birthday Banana Splits" at 12:30pm! Let's celebrate July Birthdays!

Tuesday, July 16, 2024 - "Garden Bricks to Books" at 1pm! Whether it's "Charlottes Web" or "Gone with the Wind" we will have plain bricks we will paint into your favorite book! These whimsical books, you can put in your garden!

Deadline: July 12th!

Friday, July 19, 2024 - Shopping Trip to Greenbrier Mall at 10:30am! Cost is money for shopping and lunch.

Deadline: July 18th!

Wednesday, July 24, 2024 - "Olympic Bingo" with Knotts Island Seniors at 12pm! In honor of the Olympic games held in France, we will have a French meal for lunch consisting of Chicken Cordon Blue, Gratin Dauphinoise (*scalloped potatoes*), Haricot Verts (*green beans*) and vanilla/chocolate Madeleines for dessert followed by Bingo! Please bring prizes for the Bingo table! **Deadline: July 19th!**

Thursday, July 25, 2024 - "Cooking with Herbs & Spices" with Sheila Gregory at 1pm! Cut grocery cost by making your own herbs and spices! **Deadline: July 19th!**

Tuesday, July 30, 2024 - Craft Class - "Cup and saucer Bird Feeders" at 1pm! The birds must eat too! We are making little bird feeders to hang from a tree or set on your deck. **Deadline: July 19th!**

July Birthday's...

Hilda Forehand - 25th
Candy Summerlin - 26th



Laughing with Lorraine...

Why did the Duck say "Bang!" ? Because he was a "Firequacker!"

-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
10-3 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

Special For July...

Monday, July 1, 2024 - Decorate for the Fourth of July & Paris Summer Olympics at 1pm! We'll decorate for both of these July events with American flags, French flags and everything red, white & blue!

Wednesday, July 3, 2024 - Trip to Coinjock Marina Restaurant in Waterlily at 10am! Serving only the freshest local seafood available, Coinjock Marina Restaurant has been a favorite of locals and water travelers alike since 1978!

Deadline: June 28th!

Wednesday, July 10, 2024 - Bonsai Time, Part Three at 1pm! Wiring, watering & feeding will be our focus as we continue our little tree journey!

Friday, July 12, 2024 - Kombucha Making at 1pm! Kombucha is a fizzy, fermented drink typically made with either green or black tea and sugar. It has been made for over 2,000 years and has many health benefits, as well as being a tasty homemade treat!

Tuesday, July 16, 2024 - Birthday Celebration at 1pm! We'll celebrate July birthdays with red, white & blue cupcakes!

Thursday, July 18, 2024 - Card-making with Pastor Diana at 1pm! Summer and the beach season is in full swing and that will be our theme for July's cards. Don't forget to sign up for lunch!

Wednesday, July 24, 2024 - "Olympic Bingo" at Powell's Point! In honor of the Olympic games held in France, we will have a French meal for lunch consisting of Chicken Cordon Blue, Gratin Dauphinoise (*scalloped potatoes*), Haricot Verts (*green beans*), and vanilla/chocolate Madeleines for dessert, followed by Bingo! We will leave the center at 10am!

Deadline: July 19th!

July Birthdays...

Sue Meyers - 6th
Vicki Dixon - 18th
Cindy Scott - 28th



"You must remember this" with Mari...

"Well, I wrestled with reality for 35 years, Doctor.
And I'm happy to state I finally won out over it."

-Jimmy Stewart as Elwood P. Dowd in *Harvey* (1950)

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!





July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Smoked Sausage Link on Bun, Baked Beans, Baked Apples, Pudding & Milk</p>	<p>2</p> <p>Chef Salad w/Turkey & Cheese, Macaroni Salad, Strawberries, Crackers, Cookie & Milk</p>	<p>3</p> <p>BBQ Chicken Leg Quarter, Mac & Cheese, Peas, Fruit, Corn Muffin & Milk</p>	<p>4</p> <p><u>CLOSED</u> Happy 4th of July!</p> 	<p>5</p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, Pineapple Juice & Milk</p>
<p>8</p> <p>Ham & Cabbage, Red Potatoes, Cornbread, Cake, Pineapple Juice & Milk</p>	<p>9</p> <p>Oven Fried Chicken, Buttered Potato w/Sour Cream, Broccoli, Pears, Roll, Cookies & Milk</p>	<p>10</p> <p>BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk</p>	<p>11</p> <p>Turkey & Cheese Sub, Broccoli Salad, Pineapple, Graham Crackers & Milk</p>	<p>12</p> <p>Hamburger Steak w/Gravy, Brown Rice, Lima Beans, Roll, Brownie & Milk</p>
<p>15</p> <p>Cheeseburger, Green Beans, Apple Crisp & Milk</p>	<p>16</p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, OJ & Milk</p>	<p>17</p> <p>Pork Chop w/Gravy, Succotash, Au Gratin Potatoes, Strawberries, Corn Bread, Cookie & Milk</p>	<p>18</p> <p>Baked Turkey Breast w/Gravy, Carrots, Brown Rice, Baked Apples, Roll, Pudding & Milk</p>	<p>19</p> <p>Chef Salad w/Ham & Cheese, Potato Salad, Pita, Jello, OJ & Milk</p>
<p>22</p> <p>Spaghetti w/Meat Sauce, California Vegetables, Breadstick, Fruit, Pudding & Milk</p>	<p>23</p> <p>Tuna Salad, Macaroni Salad, Three Bean Salad, Crackers, Cookies, OJ & Milk</p>	<p>24</p> <p>Meatloaf w/red sauce, Lima Beans, Brown Rice, Fruit, Roll, Brownie & Milk</p>	<p>25</p> <p>Roast Beef w/Cheese Hoagie, Tossed Salad, Fruit Cocktail, Banana Bread & Milk</p>	<p>26</p> <p>Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk</p>
<p>29</p> <p>Smoked Sausage Link on Bun, Baked Beans, Baked Apples, Pudding & Milk</p>	<p>30</p> <p>Chef Salad w/Turkey & Cheese, Macaroni Salad, Strawberries, Crackers, Cookie & Milk</p>	<p>31</p> <p>BBQ Chicken Leg Quarter, Mac & Cheese, Peas, Fruit, Corn Muffin & Milk</p>		

