

Currituck County Senior Center's

September 2025



The Currituck Senior Center's
will be **CLOSED** on
Monday, September 1, 2025 for Labor Day!

Did You Know...

If you served in the Republic of Vietnam or on a vessel operating no more than 12 nautical miles seaward from the demarcation line or the waters of Vietnam and Cambodia between 9 January 1962 and 7 May 1975, you may qualify for compensation through the Dept. of Veteran Affairs. **Veteran Affairs** recognizes certain health conditions as a potential result of Agent Orange Exposure. If you were exposed to Agent Orange and have a medical condition such as: hypertension, ischemic heart disease, prostate cancer, type 2 diabetes, or Parkinson's disease, you may be entitled to VA benefits.

For Information Contact:

Noel Gregory
Veteran Services Officer
Currituck/Camden County
252-435-4593

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

September is "World Alzheimer's Month!"

It was launched in 2012 by Alzheimer's Disease International (ADI), building on the momentum of World Alzheimer's Day, which was established in 1994. Since its beginning, World Alzheimer's Month has gained global recognition, with participation from hundreds of organizations and millions of people around the world. It brings attention to the continued need for action to address the challenges posed by Alzheimer's and other dementias.

What Can I Do?

- **Participate in Awareness Events and Volunteer!**
- **Educate Yourself and Others:** Learn about the symptoms and challenges of dementia, and share this information with friends, family, and your community to help reduce stigma!
- **Support Research:** Consider donating!
- **Share Your Story:** If you have been affected by Alzheimer's or dementia, consider sharing your experience on social media or out in your community to raise awareness and offer support to others in similar situations!

Contact: your local Alzheimer's Support Resource: **Brooke Banson Valley**
Eastern NC Chapter bbvalley@alz.org | alz.org/nc | 919.241.5960
24-Hour Helpline: 800-272-3900

Dawn's Words of Wisdom...

"Be more concerned with your character than your reputation.
Because your character is who you really are, while your reputation is merely what others think you are." -John Wooden

Corolla...

Corolla Yoga - has resumed!
Yoga is offered 2ce a week (Sept - June) at the Corolla Library. You must be 55+ and be a Corolla resident. Class attendees must be registered; walk-ins are not permitted.

For information Contact:

Currituck Co. Senior Center
252-232-3505

Save the Date...

You are unable to sign up at this time. Information will follow in future newsletters.

October 22nd

Health & Wellness Day

November 7th, 14th & 21st

Holiday Craft Series

December 19th

Senior Christmas Party



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 17th- 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
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 September...

Wednesday, September 3, 2025 - Birthday Celebration at 12:15pm!

Monday, September 8, 2025 - Craft Class "Resin Jewelry" taught by Lorraine at 1pm! **Deadline: September 4th!**

Friday, September 12, 2025 - Trip to the Jones-Stewart Mansion in Surry, Va at 10am! This historical building tour is designed to highlight the architecture of the times, designs, furnishings, special touches, ornate décor, and stories within the walls of the Jones-Stewart Mansion. The Jones-Stewart Mansion is a stunning example of an antebellum plantation house. The home offers a fascinating look into the lives of two historic families that lived at the Chippokes. Cost: \$1 cash (Parking) money for lunch. **Deadline: September 10th!**

Tuesday, September 16, 2025 - Trip to an evening "Tides Baseball Game" at 5:15pm. Cost: \$17 ticket plus .75 cents cash for parking and money for dinner at the ballpark. **Deadline: September 12th!**

Monday, September 22, 2025 - In-house movie "Pumpkin Pie Wars" at 12pm! Ten years ago, Faye and Lydia each opened their own bakeries in Emeryville, Ohio, after a personal and professional fall-out during a local Pumpkin Pie contest. Now their children, and co-workers, Casey and Sam, are set to carry on the rivalry as they go head-to-head in the same contest. There's only one problem for these two people who are supposed to hate each other, they start to fall in love. A pumpkin themed snack will be served!

Thursday, September 25, 2025 - "Ortega's Southwestern Grill" in Manteo at 10:30am! The third stop in our quarterly *Diners, Drive-ins & Dives* series! Ortega's opened in 2007 and was featured on Season 16. It has a relaxed southwestern flair with a husband-and-wife team who switches every 6 mo. from cooking to hosting. Enjoy the shops in Downtown Manteo after lunch! Cost: money for shopping and lunch. **Deadline: September 23rd!**

Tuesday, September 30, 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!

The Annual Volunteer Banquet will be on **September 5th. There will be no scheduled activities for the day.*

September Birthday's...

Diana Golden - 12
Charlie DiBello - 16
Mike Hodgis - 18
Randy Carr - 18
Barbara Busitzky - 24
Judy Berry - 25



Cooking with Latesa...

Ingredients:

- 1/2 cup + 1 tsp granulated sugar (divided)
- 1 small green cabbage
- 1 cup white wine vinegar
- 1/2 tsp kosher salt
- 1/2 cup canola oil
- 1 tsp celery seed
- 1 tsp mustard

Directions: Combine 1/2 cup sugar, vinegar and salt in a bowl. Whisk until sugar has dissolved. Add oil to mixture and whisk until all ingredients are combined and smooth. Cut up cabbage and place into a large bowl. Pour dressing over and mix. Add celery seed, mustard and remaining sugar to mixture and stir until well combined. Let sit for at least 10 minutes before serving.

Primanti Brothers Coleslaw

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
(No Class 3rd & 24th!)

Thursday's

8-12 Coffee & Chat
11- Exercise Ball
Drumming (Level I)
(No Class 25th)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-12 Coffee & Chat
9-12 Dominoes
1 Bingo
(No Bingo 5th!)

Special For September...

Tuesday, September 2, 2025 - Birthday Celebration with Brownies & Ice Cream at 12:30pm!

Wednesday, September 3, 2025 - Fishing at the Rural Center! Catch and release ponds! Bring your own pole and bait! If fishing isn't your thing, come take a hike on the nature trail or just enjoy the outdoors! Picnic lunch included! **Fishing license is required!** We will leave the center at 10:30am. **Deadline: September 2nd!**

Monday, September 15, 2025 - Making "Healthy Snacks for Special People" at 1pm! We will be doing a community outreach project! Making healthy treats for some very special teachers! Come help bake and wrap! Snacks will be delivered by staff and 2 seniors on Tuesday, September 16th!

Wednesday, September 24, 2025 - Mystery Bingo at 1pm! Bring a wrapped item or two for the prize table! Come join the fun! **Deadline: September 23rd!**

Tuesday, September 30, 2025 - Trip to Cinema Café in Edinburgh to see **"The Senior,"** A story that follows a man who, 37 years ago, was kicked off his collegiate football team for an altercation. Now at 59, he still carries the burden. He decides to go back to school to get his degree and try out of for the team to redeem his past. Based on a true story! Starring Michael Chiklis & Mary Stuart Masterson. Time is TBA. Cost: ticket and money for lunch at the theatre.

Deadline: September 26th!

The Site will close at 11am on **September 5th for staff/volunteers to attend the Volunteer Baquet.*

September Birthday's...

Debbie Guthrie - 9th



Laughing with Lorraine...

"September: The month where my AC and Heater fight for dominance."

-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 September...

Wednesday, September 3, 2025 - Bingo at 11am!

Monday, September 8, 2025 - In house movie "Downton Abbey-A New Era" at 1pm! The Crawley's and their staff welcome a new movie crew and their glamorous stars to Downton for filming on a new silent movie, while other members of the family go on a grand adventure to a Villa in the south of France to uncover a mystery about the Dowager Countess and her past!

Tuesday, September 9, 2025 - Card Making w/Pastor Diana at 1pm! We will be making cards for our community outreach project!

Thursday, September 11, 2025 - Trip to Cinema Café to see "Downton Abbey – The Grand Finale" at 12:30PM! In the summer of 1930, the Crawley's grapple with the threat of social disgrace when Mary finds herself the center of a public scandal and the family faces financial trouble. Cost: ticket and money for lunch at the theatre. **Deadline: September 8th!**

Friday, September 12, 2025 - Scrapbooking w/Pastor Diana at 11am!

Wednesday, September 17, 2025 - Trip to Norfolk Zoo at 9am! Cost: Admission \$20 (*free for those 62+*) and money for lunch at **Doumar's!** **Deadline: September 12th!**

Friday, September 19, 2025 - Trip through Back Bay National Wildlife Refuge and False Cape State Park for a 4hr (9am - 1pm) guided tour on the Blue Goose Tram. Spot wildlife from the tram and learn the history of this spectacular area! Cost: \$8 cash (*pay there*) and money for lunch at **Chilis!** (snacks recommended during tour.) We will leave the center at 7:45am!

Deadline: September 15th!

Monday, September 22, 2025 - Making Totes w/Debbie at 10am! Lets come together and help with the making of Totes with Debbie Dryer for our Community Outreach Project!

Tuesday, September 23, 2025 - Craft Class "Grapevine Wreath" taught by Pastor Diana at 1pm!

Thursday, September, 25, 2025 - Birthday Celebration with Cake & Games at 1pm!

Tuesday, September 30, 2025 - Cards & Game Day at 11am!

The Site will close at 10:30am on **September 5th for staff/volunteers to attend the Volunteer Baquet.*

September Birthdays...

Cheryl Sassone - 12th
Randy Carr - 18th
Charles Warren - 27th



Think on it...



"Wherever there is a human in need, there is an opportunity for kindness to make a difference. Volunteers are those who take that opportunity."

-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!





September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED Labor Day!	2 Fish Sandwich, Green Beans, Blueberry Crisp & Milk	3 Oven Fried Chicken, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	4 Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	5 Special Event 12pm! HD Only- Hamburger Steak w/ Gravy, Peas & Carrots, Rice, Roll, Fruit, Brownie & Milk
8 Turkey Breast w/Gravy, Macaroni & Cheese, Carrots, Baked Apples, Roll & Milk	9 Chicken Salad, Pasta Salad, Cucumber & Tomato Salad, Crackers, Fruit & Milk & Pineapple Juice	10 Cheeseburger, Green Beans, Apple Crisp, & Milk	11 Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	12 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
15 Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding & Milk	16 Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	17 Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	18 Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	19 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
22 Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk	23 Chef Salad w/Turkey, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	24 BBQ Chicken, Macaroni & Cheese, Peas, Peaches, Corn Muffin & Milk	25 Lasagna w/Ground Beef, California Blend Vegetables, Corn, garlic Bread, Peach Cobbler, Milk & Pineapple Juice	26 Chicken Salad, Broccoli Salad, Pasta Salad, Fruit, Crackers, Cake & Milk
29 Ham & Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	30 Fish Sandwich, Green Beans, Blueberry Crisp & Milk			