



Currituck County Senior Center's

March 2026



Happy St. Patrick's Day!



Community Event...



NC MedAssist
MOBILE FREE PHARMACY

OTC MEDICINE GIVEAWAY & COMMUNITY EVENT

Friday, March 6, 2026
10AM — 3PM

N.C. Cooperative Extension
Currituck County Center
120 Community Way
Barco, NC 27917

Take home free over-the-counter medicine, including allergy, cough and cold, pain relief, vitamins, children's medicine, and more! Order ahead online and schedule a pick up time or simply walk in to select your FREE medicines. Pick up for family members too!

!! OPEN TO ALL NC RESIDENTS !!
Walk-ins welcome | No income requirements | No I.D. required
Must be 18+ to receive medicines

ONLINE ORDERING OPENS: 2/6/2026
ONLINE ORDERING CLOSSES: 2/27/2026*
*Or when a maximum 500 orders placed

This program has been brought to your community in partnership with:





To preorder, scan the QR code or visit medassist.org/mobile

NC MedAssist is a statewide, nonprofit pharmacy that provides free prescription and over-the-counter (OTC) medications through three care programs. Learn more at www.medassist.org.

Senior Games Lineup... Free Service...

- March 12th**
Billiards - ECPC Sr. Center
- March 16th**
Bowling Singles - Alb. Lanes
- March 17th**
Bowling Doubles - Alb. Lanes
- March 18th**
Bowling Mix - Alb. Lanes
- March 24th**
Shuffleboard/HS - Gates Co.
- March 25th**
Cornhole Singles - Gates Co.
- March 26th**
Cornhole Doubles - Gates Co.

4ALL NC Statewide Day of Service
Friday, March 6th
11am-7pm
252-969-0606

NC Lawyers will be available to take calls from the public. This free service allows people to call in and get their basic legal questions answered.

Bell Choir...

The Bell Choir will be performing at Currituck Health and Rehab March 10th at 1pm!

What is March for Meals?...

Held every March in alignment with the Older Americans Act Nutrition Program anniversary, this campaign was designed to raise awareness and drive action. The campaign encouraged communities to support local Meals on Wheels providers through volunteering, donations and advocacy. It also aimed to mobilize policymakers to fund and protect senior nutrition services. Through local events, media outreach and volunteer involvement, March for Meals successfully advocated for seniors' access to nutritious meals, helping to combat food insecurity and isolation.



For more information visit:
www.mealsonwheelsamerica.org/national-campaigns

Dawn's Words of Wisdom...

"Luck is quite predictable. If you want more luck, take more chances."
~ Barbara Sher



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
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
19th-10:30am

Friday's

8-5 Billiards
8-5 Table Tennis
9 Pickle Ball
10-12 Sewing Room



Currituck Senior Center

130 Community Way
Barco, NC 27917
252-232-3505

Hours of operation: Mon.-Fri. 8:00AM-5:00PM



Special for March...

Monday, March 2, 2026 - "Genealogy for Beginners" at the Moyock Library! This class covers how to get started with your own genealogy research, including common records utilized in family research, local resources for historical records, and how to organize your findings. As time allows, patrons will be guided through completing their first pedigree chart and family group record. We will leave the center at 9:30am.

Tuesday, March 3, 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 March 2nd!**

Wednesday, March 4, 2026 - Birthday Celebration at 12:30pm!

Wednesday, March 11, 2026 - Butterbean Auction at 11am! Bid on your favorite items with butterbeans!

Friday, March 13, 2026 - Cinema Café - "Reminders of Him" based off the book by Colleen Hoover. After prison, a woman attempts to reconnect with her daughter but faces resistance from everyone except a bar owner with ties to her child. As they grow closer, she must confront her past mistakes to build a hopeful future. Cost: ticket and lunch at the theatre. Time is TBA.

Tuesday, March 17, 2026 - Celebrate St. Patty's Day with lunch at "Keagan's Irish Pub & Kitchen" at Town Center in Virginia Beach! We will leave the center at 9:45am! Cost: money for lunch!

Monday, March 23, 2026 - Soap Making w/Lorraine at 1pm! We will be making soap from Honey Glycerin. This soap offers a range of benefits for your skin that we will discuss in class. You will have the option to add a scent or color to your soap to personalize your taste. **Deadline: March 18th!**

Wednesday, March 25, 2026 - Weatherization Presentation w/Brian Rollinson from Albemarle Commission at 10:30am.

Tuesday, March 31, 2026 - Trip to River's Casino in Portsmouth at 10:30am! Cost: money for food and fun at the casino!
**Please note that KI Senior Center is also going to Rivers Casino on a different Day. You may not sign up at both locations.*

March Birthday's...

Pat Klinger - 1st Mary Urania - 22nd
Robert Mebane - 2nd Katie Streeter - 23rd
Sheila Gregory - 4th Betty Romano - 25th
Sherrie Payne - 7th Donna Forcht - 30th
Michelle Barrows 11th
Ernestine Bunch - 19th
Joe Demnicki - 19th



Cooking with Latesa...

Ingredients:

- 12oz white chocolate chips
- 1 can fluffy lemon frosting
- 1 tsp lemon extract
- 1 to 2 drops yellow food coloring
- 1/2 cup graham cracker crumbs

Directions: Line 8 inch square pan with foil, extending over edges. Spray lightly with nonstick cooking spray. Set aside. Melt chocolate chips in medium saucepan over low heat, stirring constantly. Remove from heat. Add frosting and blend well. Add flavoring and food coloring. Spread in prepared pan and sprinkle with crumbs. Refrigerate for 1 hour or until firm. Remove by gently lifting foil. Cut into squares and serve.

www.recipegoldmine.com

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
9-12 Dominoes
9:30-11 Book Corner

Wednesday's

8-12 Coffee & Chat
9-12 Dominoes
11 Bingo
(No Bingo 3/18!)
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

Special For March...

Tuesday, March 3, 2026 - Birthday Celebration at 12:30pm! Celebrate March Birthdays with Banana Splits!

Wednesday, March 4, 2026 - "Sipping Cider & Painting" with Sandy at 1pm! Sandy is going to be teaching us how to paint a beautiful Irish moon scene while we sip sparkling cider! **Deadline: March 1st!**

Friday, March 6, 2026 - Brunch at **Red Head Bay Carolina Café** at 11am! We will check out the new restaurant in Grandy! Cost: money for lunch. **Deadline: March 1st!**

Tuesday, March 10, 2026 - Texas Holdum Tournament hosted by Jerry at 1pm! We've learned the basics, now lets have a tournament! Prize for the winner! **Deadline: March 4th!**

Thursday, March 12, 2026 - In house movie - "Hoosiers" at 12:30pm! The quintessential underdog story about a small town Indiana High School team making a run for the State Championship. Starring: Gene Hackman. Popcorn & Soda will be served!

Monday, March 16, 2026 - March Madness Brackets - College Basketball at 1pm! ! Fill out your bracket and at the end of March Madness, whoever has the best picks without busting your bracket wins a prize! Snacks Provided! (You cannot participate after March 17th!) Winner will be announced after the National Championship in April!

Tuesday, March 17, 2026 - St. Patrick's Day Scavenger Hunt at 1pm! Let's have fun finding "Finn O'Grady" our local little leprechaun! First finder wins a prize! Wear green so you don't get pinched! Treats & Drinks served! **Deadline: March 13th!**

Wednesday, March 18, 2026 - Trip to Lost Colony Tavern at 10:30am! Continuing with St. Patrick's Day, we will be traveling to Manteo to eat lunch with a choice of Irish dishes! Cost: money for lunch. **Deadline: March 16th!**

Monday, March 30, 2026 - Trip to Greenbrier Mall at 10:30am! Cost: money for lunch and shopping. **Deadline: March 27th!**

March Birthday's...

Happy Birthday to all seniors born in March!



Laughing with Lorraine...

"What happens when your team loses in March?"

"You have March Madness Sadness."

-Unknown



Knotts Island Senior Center

126 Brumley Rd
Knotts Island, NC 27950
252-429-3231

Hours of operation: Mon.-Fri. 9:00AM-3:30PM



Knotts Island Senior Center will be closed for voting on March 3rd!

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. (10th)

Wednesday's

9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise

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 March...

Wednesday, March 4, 2026 - In house movie - "Unhitched" at 12:30pm! Starring: Stuart Townsend, Amy Smart and Seth Green. When a man learns his worst enemy is about to marry the woman his best friend loves, he vows to break up the wedding any way he can in this outrageous romantic comedy. Popcorn will be served!

Friday, March 6, 2026 - Bingo at 11am!

Monday, March 9, 2026 - Trip to Rivers Casino in Portsmouth at 9am! Cost: money for food and fun at the casino! **Please note that Currituck Senior Center is also going to Rivers Casino on a different Day. You may not sign up at both locations.*

Deadline: March 6th!

Tuesday, March 10, 2026 - Card Making w/Pastor Diana at 1pm! Easter themed! **Deadline: March 6th!**

Friday, March 13, 2026 - Game Day at 1pm! We will be playing **LRC!** (left/right/center)

Monday, March 16, 2026 - March Birthday Celebration! Starting with games at 10am, lunch at 12pm and cupcakes & ice cream at 12:30pm!

Wednesday, March 18, 2026 - Trip to ECSU Khan Planetarium at 8am! "What's out tonight?", a tour of the night sky where we'll look at constellations, planets, the moon, eclipses, meteor showers and other spectacular events in the night sky that captivate our imagination and offer a glimpse into the vastness of the universe! "The Mystery of the Christmas Star," Journey back over 2000 years to Bethlehem as we seek to discover scientific explanation for the star the wise men followed to find baby Jesus. We'll also hear stories relating to Western African, Native American and traditional Star Lore. Cost: money for lunch at Cypress Creek Grill. **Deadline: March 16th!**

Friday, March 20, 2026 - Sharing Photos, Memories & Stories at 10am! Bring your favorite photos or albums that you would like to share!

Tuesday, March 24, 2026 - Craft Class - "Spring Wreaths" at 1pm! **Deadline: March 20th!**

Thursday, March 26, 2026 - Scrapbooking w/Pastor Diana at 1pm! **Deadline: March 24th!**

March Birthdays...

Bonnie Williams - 4th
Kenneth Watts - 7th
Sondra Von Syoc - 12th
James Waterfield - 13th



Think on it ...



"Volunteering is at the very core of being human. No one has made it through life without someone else's help."

-Heather French Henry

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!





March 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Beef Stroganoff, Broccoli, Applesauce, Cornbread, Pudding & Milk	3 Baked Chicken w/Gravy, Brown Rice, Carrots, Fruit, Yogurt, Roll & Milk	4 Meatloaf w/Red Sauce, Mac & Cheese, Lima Beans, Bread, Pineapple & Milk	5 BBQ Sandwich, Buttered Potatoes, Coleslaw, Graham Crackers, Fruit & Milk	6 Chicken Alfredo, Broccoli, Spiced Apples, Roll, Yogurt & Milk
	9 Spaghetti w/Meat Sauce, Green Beans, Spiced Apples, Garlic Bread, Yogurt & Milk	10 Boneless Chicken Thigh, Au Gratin Potatoes, Peas, Roll, Jello, Pineapple & Milk	11 Turkey Breast w/Gravy, Stuffing, Carrots, Cranberry Sauce, Cornbread, Fruit & Milk	12 Chicken Salad, Pasta Salad, Pea Salad, Crackers, Cake, Milk & OJ	13 Baked Ham, Sweet Potatoes, California Blend Vegetables, Pears, Cake & Milk
	16 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Apple Crisp, Roll & Milk	17 Happy St. Patty's Day! Roasted Pork w/Gravy, Brown Rice, Succotash, Cornbread, Fruit, Cookie & Milk	18 Cheeseburger, Baked Beans, Baked Cinnamon Apples, Cake & Milk	19 Fish Filet, Rice Pilaf, Broccoli, Roll, Blueberry Cobbler & Milk	20 Chicken Breast, Pasta w/ Cream Sauce, Green Beans, Roll, Jello, Milk & OJ
	23 Beef Stew w/Potatoes, Green Beans, Roll, Graham Crackers, Milk & OJ	24 Baked Ham, Sweet Potatoes, California Blend Vegetables, Pears, Cake & Milk	25 Chili w/Beans, Pimento Cheese Sandwich, Broccoli, Fruit, Jello & Milk	26 Tuna Salad on Lettuce Bed, Cucumber & Tomato Salad, Macaroni Salad, Fruit, Crackers	27 BBQ Chicken, Mac & Cheese, Peas, Cinnamon Apples, Cornbread & Milk
	30 Beef Stroganoff, Broccoli, Applesauce, Cornbread, Pudding & Milk	31 Baked Chicken w/Gravy, Brown Rice, Carrots, Fruit, Yogurt, Roll & Milk			

