



Currituck County Senior Center's

March 2025



Happy St. Patrick's Day!



Senior Games...

17th - Bowling Singles

Albemarle Lanes

18th - Bowling Doubles

Albemarle Lanes

19th - Bowling Mix Doubles

Albemarle Lanes

21st - Billiards

Elizabeth City Pasquotank Senior Center

**25th - Shuffleboard/
Horseshoes**

Gates Co. Community Ctr.

26th - Cornhole Singles

Gates Co. Community Ctr.

**27th - Cornhole Doubles/
Mixed**

Gates Co. Community Ctr.

31st - Croquet

Albemarle Croquet Club

Bell Choir...

The Senior Center Bell Choir will be performing at Currituck House on March 26th! (rescheduled from February)

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

Corolla - Respecting Choices

March 7th at 10:30AM

Corolla Library

Presented by: Kayla White Albemarle Commission

Register By: March 6th

252-232-3505

Respecting Choices is a system for person-center decision-making that ensures individuals' preferences and decisions for healthcare are known and honored.

Come and receive information to ensure your health wishes will be carried out, even if you can't advocate for yourself. Learn how to document your choices, choose the right person to make your decisions, and communicate your values and goals about medical treatment choices!

4ALL NC Statewide Day of Service

Friday, March 7th

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.

Dawn's Words of Wisdom...

"Good luck is the result of good planning."
-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
 1 Exercise Ball Drumming

**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 19th - 10am*

Thursday's

8-5 Billiards
 8-5 Table Tennis
 9 Pickleball
 11 Exercise Tapes
 11 Bingo
 12:30-5 Card Room
**Alz. Support Group 20th -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 March...

Wednesday, March 5, 2025 - Trip to **Rivers Casino** at 10:30am. Cost: money for food and fun! **Deadline: March 4th!**

Tuesday, March 11, 2025 - **"New Tax Laws and Your Estate - How to plan to Help secure a Legacy Tomorrow"** hosted by the Currituck Chamber of Commerce and Grace Wealth Partners at 10:30am! Learn about: anticipated changes to the current tax laws, workings of a will versus a trust in planning, how to properly coordinate Beneficiary designations, strategies for minimizing death taxes, how to best integrate charity into your tax planning and how to communicate your plans effectively with your loved ones! **Deadline: March 7th!**

Thursday, March 13, 2025 - **"Beekeeping Basics"** at the Moyock Library at 3pm! **Deadline: March 11th!**

Monday, March 17, 2025 - **Butterbean Auction** at 11am! Bid on your favorite items with Butterbeans!

Monday, March 17, 2025- **St. Partick's Day Goodies** at 12:30pm!

Tuesday, March 18, 2025 - **"Digital Terminology"** Presentation with Bradley Yates from Albemarle Commission at 10:30am. **Deadline: March 14th!**

Tuesday, March 25, 2025 - Trip to **Virginia Diner and the Wakefield Peanut Company/Gift Store** at 10am! Virginia Diner was featured on Diners, Drive-ins and Dives. This trip will kick off a series of quarterly trips to different DDD locations in the area. Cost: money for lunch and peanuts! Deadline: **March 21st!**

Thursday, March 27, 2025 - Currituck County Sheriff's Department will give a presentation on - **"Law Enforcements Response, Role and Responsibilities - Alzheimer's/Dementia"** at 10:30am! **Deadline: March 24th!**

Monday, March 31, 2025 - In-house movie **"Someone like You"** (2024) at 12pm! Shocking news hits when young architect Dawson loses his best friend London. In his heartbreak, Dawson is compelled to launch an impossible search for London's secret twin sister who was separated from her when they were still embryos. But along the way, Dawson never planned to fall in love...

March Birthday's...

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



Cooking with Latesa...

Ingredients:

- 13 oz Kielbasa or polish sausage (cut into 1/4 inch slices)
- 1/2 cup peach preserves
- 1 tbsp lemon juice
- 2 tsp Dijon mustard
- 1 green onion, chopped
- 1/4 tsp red pepper flakes, optional

Peach - Glazed Kielbasa

Directions: In a large cast iron skillet, cook sausage and stir until browned. Remove any excess grease. Add remaining ingredients to skillet; cook and stir over low heat until heated through, 2-3 minutes. Serve with green onion and red pepper flakes, as garnish.

www.savoredsips.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

8-10 Coffee & Chat
9-12 Dominoes

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

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 21st & 28th!)

Special For March...

Tuesday, March 4, 2025 - Celebrate "Fat Tuesday" at 12:30pm! We will have a *Mardi Gras King Cake*! Tradition says that the one who has the slice with the baby inside the cake has good luck the rest of the year! Lets find out who will have luck!

Thursday, March 6, 2025 - Celebrate **National Oreo Cookie Day** at 12:30pm! We will conduct a scientific experiment to see which Oreo cookie is the best! **Deadline: March 3rd!**

Thursday, March 13, 2025 - "Cooking with Herbs" w/Sheila Gregory at 1pm! Growing, harvesting and flavoring your dishes! **Deadline: March 11th!**

Monday, March 17, 2025 - **St. Patrick's Day Celebration** at 12pm! Wear your green! We will enjoy Ham, Cabbage & Potatoes and look for the hidden pot of gold! Whoever finds it, wins a prize! **Deadline: March 10th!**

Tuesday, March 18, 2025 - **Craft Class "Celtic Knott Necklace"** at 1pm! Learning to tie a knot into a Celtic heart shape. This will be somewhat difficult but fun! **Deadline: March 10th!**

Friday, March 21, 2025 - Trip to **Keagan's Restaurant & Pub** at 10:30am! We will continue our Irish celebration traveling to Keagan's in Virginia Beach Town Center! **Deadline: March 12th!**

Friday, March 28, 2025 - Trip to **Museum of the Albemarle** at 10:30am. Learn about the History and culture of the Albemarle area and then enjoy lunch at **The Sandwich Market!** **Deadline: March 26th!**

Monday, March 31, 2025 - "Caramel Apple Dipping" at 1pm! Learn how to make caramel apples with all the sprinkles too! Save for yourself or give to a friend! **Deadline: March 17th!**

March Birthday's...

Happy Birthday to all!



Laughing with Lorraine...

"Did you hear about the man who proposed to his girlfriend on St. Patrick's Day and gave her a cubic zirconia ring? "
"It was a Sham-rock!"

-unknown



Knotts Island Senior Center

126 Brumley Rd
Knotts Island, NC 27950

252-429-3231

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



Special For March...

Everyday...

Monday's

9:30 Walk in the Park

10 Puzzles/Games

Tuesday's

10 Puzzles/Games

Wednesday's

9:30 Walk in the Park

10 Puzzles/Games

Thursday's

10 Puzzles/Games

Friday's

10 Puzzles/Games

*PLEASE call 252-232-3505 to sign up for lunch/activities until further notice.

Additionally, hours of operation are subject to change as needed.

Thank you!

Tuesday, March 11, 2025 - Birthday Celebration at 12pm!

Friday, March 14, 2025 - In House Movie "Leap Year" at 10:30am. Staring Amy Adams as a woman who has an elaborate scheme to propose to her boyfriend on Leap Day, an Irish tradition which occurs every time the date February 29 rolls around, faces a major setback when bad weather threatens to derail her planned trip to Dublin. With the help of an innkeeper, however, her cross-country odyssey just might result in her getting engaged.

Monday, March 17, 2025 - Trip to "Murphy's Irish Pub" at 10:30am! Family owned and run since 2003, Murphy's Irish Pub brings traditional Irish food and entertainment to the beach community! **Deadline: March 13th!**

Friday, March 21, 2025 - Card-making with Pastor Diana at 11am! Spring & Easter cards to keep or mail to friends and family!

Monday, March 24, 2025 - Trip to "Cracker Barrel and Hobby Lobby" at 10:30am! Spring decor and more await us at Hobby Lobby! **Deadline: March 20th!**

Friday, March 28, 2025 - Card & Game Day at 11am! We'll play Uno, Bingo & more! Don't forget to sign up for lunch!

March Birthdays...

Bonnie Williams - 4th

Sondra Van Syoc - 12th

James Waterfield - 13th

Sally Boothe - 27th

"Did you know?" ...

The place with the longest name in Ireland is
Muckanaghederdauhaulia in Galway!



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

Vacant

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 2025



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

