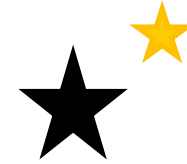


Currituck County Senior Center's

January 2025



Happy New Year!



Senior Outreach...

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

Thank you...

Albemarle Senior Games applications should be arriving in the mail to former participants soon. Extra applications will be available at the senior center in Barco hopefully by Mid-January.

FREE AARP Tax Preparation
Appointments can be made starting January 17th!
(NO Walk-Ins)

Tax Prep will be on Thursdays ONLY starting February 6, 2025

You must be a Currituck County resident due to limited time slots!

Tax Preparation is geared towards low to moderate income; certain filing restrictions apply. Tax preparation is open to the public regardless of age.

Senior Centers will be **CLOSED**
Wednesday, January 1st for New Year's Day
Monday, January 20th for MLK Jr Day

Washington DC
April 7– April 9, 2025

Enjoy a 3 Day/2 Night trip to Washington, DC in the Springtime! The DC skyline is marked by some of the world's most celebrated Monuments. In spring, some of the monuments are framed by the beautiful, famous **Cherry Blossom Trees** that surround the Tidal Basin. Your trip includes: 2 nights hotel accommodations, 2 breakfasts at your hotel, 1 lunch and 1 dinner. You will enjoy a lunch cruise aboard the **Brand New Spirit of Washington** where you will spend an unforgettable afternoon on the Potomac River! A guided tour to see sights such as: **Capital Building, Georgetown, National Archives, Washington Monuments, and War Memorials including the Pentagon.** A visit to the **National Mall** that holds more than 12 museums including the **Smithsonian Institute** - the Worlds Largest Museum founded in 1846. Tour of **Arlington National Cemetery** - the most famous cemetery in the country that is the resting place for more than 300,000 veterans. Cost: \$699 per person - double occupancy. Travel insurance is available upon request. **\$100 deposit per person is due by January 17th.**

*Please call/stop by the Senior Center prior to mailing a deposit to insure your space on the list.

The Currituck County Senior Center staff would like to express their deepest appreciation to all those that donated to the Santa for Seniors and the Elderly Food Basket programs. Your donations helped brighten the day of so many during the holiday season!

A "Special" Thank you to the Rusty Crow in Nags Head for their donation of handmade placemats for our Home Bound Seniors!

Bell Choir...

The **Senior Center Bell Choir** will be performing at Currituck House in Moyock on January 9th!

Dawn's Words of Wisdom...

"New Year—A new chapter? New verse? Or just the same old story? The choice is OURS!"

- Unknown

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
 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 8th - 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 16th -
 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 January...

Thursday, January 2, 2025 - Celebrate the New Year with **Bingo & Ice Cream Sundaes!** Bingo starts at 11am, followed by Ice Cream Sundaes after lunch at 12:30pm! Powells Point Senior Center will be joining us!

Monday, January 6 - February 17, 2025 - **6-week Ball Drumming Exercise w/Lorraine** at 1pm! Music, Fun & Movement!

Tuesday, January 7, 2025 - **Pastel Art Class** given by Dan Kehlenbach in collaboration with the Moyock Library. Class will take place at the senior center in Barco at 10:45am! **Deadline: January 3rd!**

Wednesday, January 8, 2025 - **Birthday Celebration** at 12:30pm!

Friday, January 10, 2025- Lunch at **Plaza Azteca** and shopping at **Tanglewood** in Elizabeth City at 11am! (*Hobby Lobby, TJ Maxx, Dollar Tree, Rack Room Shoes & more!*)

Tuesday, January 14, 2025 - **CPR Instructional Class (non-certified)** given by nurse Practitioner Racheal Shaddeau in partnership with Currituck County EMS at 10:30am! **Deadline: January 3rd!**

Wednesday, January 22, 2025 - **"Intro to Technology"** given by Bradley Yates from Albemarle Commission at 11am. This Intro class will be followed up by a "topic specific class" in February to address the groups needs. **Deadline: January 17, 2025!**

Thursday, January 23, 2025 - **Breakfast & Bingo at "Beachcombers"** (*formerly known at Peppercorns*) at the beach! We will leave the center at 8am! Cost: \$12.80 (including tax & tip) for breakfast buffet! **Deadline to pay: January 9th!**

January Birthday's...

Donna McCormick - 8th
 Sue Austin - 14th
 Susan Hill - 14th
 Gloria Roberts - 18th
 Rose Harrison - 19th
 Sarah Seymore - 19th



Cooking with Latesa...

Mary's Roasted Red Pepper Dip

- 1 (7oz) jar roasted red peppers, drained & diced
- 3/4 pound shredded Monterey Jack cheese
- 1 (8oz) package cream cheese, softened
- 1 cup mayonnaise
- 1 tbsp minced onion
- 1 clove garlic, minced
- 2 tbsp prepared Dijon mustard

Directions: Preheat oven to 350 degrees. In a small baking dish, mix the roasted red peppers, Monterey Jack cheese, cream cheese, mayonnaise, onion, garlic and Dijon mustard. Bake for 20 minutes, or until bubbly and lightly browned. Serve warm.

www.allrecipes.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)
(No Class 2nd & 23rd!)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-10 Coffee & Chat
9-12 Dominoes
1 Exercise & Bingo
(No Class 17th!)

Special For January...

Thursday, January 2, 2025 - Celebrate the New Year with **Bingo & Ice Cream Sundaes** at the Barco center! We will leave the center at 10:30am!

Tuesday, January 7, 2025 - **Birthday Celebration** at 12:30am! **Deadline: January 6th!**

Tuesday, January 14, 2025 - **CPR Instructional Class** (non-certified) at the senior center in Barco given by nurse Practitioner Racheal Shaddeau in partnership with Currituck County EMS. We will leave the center at 10:15am.
Deadline: January 3rd!

Friday, January 17, 2025 - Trip to **IKEA** & lunch at **Mission BBQ** at 10:30am! Cost: money for shopping and lunch.
Deadline: January 15th!

Tuesday, January 21, 2025 - **"Sweet Valentines Bracelets"** at 1pm! Keep for yourself or give to a friend!
Deadline: January 15th!

Thursday, January 23, 2025 - **Breakfast & Bingo** at **"Beachcombers"** (*formerly known at Peppercorns*) at the beach! We will leave the center at 8:30am! Cost: \$12.80 (including tax & tip) for breakfast buffet! **Deadline to pay: January 9th!**

Tuesday, January 28, 2025 - **"Homemade Hot Cocoa"** at 1pm! Learn how to make your own homemade cocoa! Better than store bought! **Deadline: January 15th!**

**The Powells Point Senior Center will be closed from 12:30 - 2:30pm on Monday 6th, 13th, and 27th for staff to lead a class at the senior center in Barco.*

January Birthday's...

No In-house Birthdays!



Laughing with Lorraine...

"January: The month where I vow to be healthy for a week."

-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 January...

Thursday, January 2, 2025 - Decorate for Winter Fun at 1pm! Warm up the cold winter month of January with decorations and a Hot Cocoa Bar!

Friday, January 3, 2025 - Card Making with Pastor Diana at 1pm! Let's make Winter Fun cards with Pastor Diana!

Wednesday, January 8, 2025 - Movie Day with Elvis at 10am! It's Elvis's birthday and he's in the house! We'll watch an Elvis movie of your choice.

Friday, January 10, 2025 - Card & Game Day at 10am! We'll play Uno, Bingo & more!

Monday, January 13, 2025 - Birthday Celebration at 1pm! Celebrate January's birthdays with Hot Apple Cider and Cookies!

Friday, January 17, 2025 - 2nd Annual Chili Cookoff at 12pm! Round Two with former Volunteer Mr. Ed featuring chicken chili, red chili and vegetarian chili! Come sample and vote for the best chili on the island! **Deadline: January 10th!**

Wednesday, January 22, 2025 - Trip to the Courthouse Waffle House and the Whitehurst-Buffington House at 11am! Built in 1793, The Whitehurst-Buffington House is a time capsule of life in the 18th century. We'll eat lunch at the Waffle House and then tour the Whitehurst-Buffington House. **Deadline: January 17th!**

Friday, January 24, 2025 - Card & Game Day at 10am! We'll play Uno, Bingo & more!

Friday, January 31, 2025 - Trip to Quang Dong Taste at 10:30am! Let's celebrate the Lunar New Year at Quang Dong Taste for traditional Cantonese food like shrimp fried rice, low Mein noodles and more! **Deadline: January 24th!**

January Birthdays...

3rd - Becky Deaver

13th - Diana Johnson



"You must remember this" with Mari...

"Here's looking at you, kid."

-Humphrey Bogart as Rick Blaine in Casablanca, 1942.

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!





January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1  CLOSED <i>Happy New Year!</i>	2 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Jello, Fruit & Milk	3 BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk
6 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	7 Pork Chop, Collards, Scalloped Potatoes, Roll, Fruit Crisp & Milk	8 Meatloaf, Brown Rice, Lima Beans, Pineapple, Roll & Milk	9 BBQ Sandwich, Coleslaw, Buttered Potatoes, Graham Crackers & Milk	10 Baked Chicken w/Gravy, Brown Rice, Carrots, Roll, Fruit & Milk
13 Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	14 Spaghetti w/Meat Sauce, Tossed Salad, Baked Apples, Garlic Bread, Pudding & Milk	15 Bratwurst Sausage on Bun, Baked Beans, Coleslaw, Brownie & Milk	16 Baked Turkey Breast, Stuffing, Brown Rice, Carrots, Cranberry Sauce, Pudding & Milk	17 Beef Stew w/Potatoes, Green Beans, Roll, Fruit Cobbler & Milk & OJ
20 CLOSED MLK JR Day!	21 Roast Pork w/Gravy, Brown Rice, Succotash, Cornbread, Fruit, Cookie & Milk	22 Marinated Chicken Breast, Pasta, Green Beans, Roll, Jello, Milk & OJ	23 Fish Filet, Rice Pilaf, Broccoli, Roll, Pineapple, Pudding & Milk	24 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
27 Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	28 Baked Ham, Sweet Potato, California Blend Vegetables, Roll, Pears, Cake & Milk	29 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Milk & OJ	30 Tuna Salad, Three Bean Salad, Macaroni Salad, Crackers, Jello, Fruit & Milk	31 BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk