

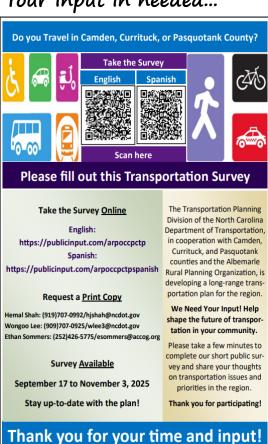
# Currituck County Senior Center's November 2025





We will be **CLOSED** on Tuesday, November 11th for Veterans Day, Thursday, November 27th and Friday, November 28th for Thanksgiving!

# Your Input in needed...



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

## Bell Choir

The Bell Choir will be performing at Currituck House on Thursday, November 13th! If you have an interest in being a part of the Bell Choir please call Latesa at 232-3505

## Interested?

We are compiling an *Interest Only* list for seniors that may want to play Chess (added to Senior Games) and Mahjongg.

#### Have your name added to the list by calling:

Currituck Co. Senior Center 252-232-3505

#### Veterans...

Do you love to hunt or fish? If you are rated 50% or more disabled by the Department of Veteran Affairs, you qualify for a discounted lifetime hunting and/or fishing license through the North Carolina Wildlife Resource Commission. Contact your local veteran service officer for an application today!

## **Noel Gregory Veteran Services Officer**

Serving Currituck and Camden County, NC 252-435-4593

## Dawn's Words of Wisdom...

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more." -Melody Beattie

... By November 3rd!

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# 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 19th- 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
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 November...

**Tuesday, November 4, 2025 - Trip to the Norfolk Zoo** at 10:30am! Cost: \$15.95 (pay there) \*additional discounts may apply for Military, disabled persons, 1st responders, etc. You will also need money for lunch at Cracker Barrel prior to the zoo!

**Wednesday, November 5, 2025** - Presentation on "Scams" given by Shannon Ray, Albemarle Commission at 11am! Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams—just to name a few. Learning how to identify scams and how to protect yourself is the first step in safeguarding your finances.

Wednesday, November 5, 2025 - Birthday Celebration at 12:30pm!

Holiday Craft Series at 12:30pm on the following dates:

Friday, November 7th - "Paintbrush Ornament." Deadline: November 5th!
Friday, November 14th - "Gnome Ornament." Deadline: November 12th!
Friday, November 21st - "Christmas Hat Ornament." Deadline: November 19th!

Wednesday, November 12, 2025 - Latin Cooking at the Moyock Library! Learn how to make homemade tortillas! We will leave the center at 2:30pm. *Class is limited!* Deadline: November 5th!

**Thursday, November 13, 2025 - Albemarle Senior Games Presentation at 11:30am.** Albemarle Senior Games Ambassador Sherri Payne will be here to offer information on the senior games as well as answer any questions you may have!

**Tuesday, November 18, 2025** - **Breakfast at The Dunes** and **Christmas Shopping** at 9am! Enjoy breakfast at The Dunes Restaurant followed by shopping at *The Christmas Shop* in Manteo & *The Christmas Mouse* in Nags Head! Cost: money for Breakfast and shopping.

**Monday, November 24, 2025** - **Monday Night Bunco & Dinner** from 2-5pm! (No prize fee necessary as we have prizes remaining from previous Bunco nights!) Deadline: November 20th!

# November Birthday's...

Janet Fairley - 1st Debe Sanders - 3rd Toni Minnis - 5th Marita Powell - 6th Joe Varga - 8th Ed Robb - 21st Nathan Capps - 23rd Glenda Griffis - 25th



# Cooking with Latesa...

Ingredients:

- 1/2 tsp apple pie spice
- 1/2 tsp sugar
- 17.5 oz can Cinnamon Rolls

**Directions**: Preheat oven to 350 degrees. Lightly coat a 9x13in baking dish with non-stick spray. In a small bowl, mix apple pie spice and sugar together. Cut each cinnamon roll into 4 pieces and place evenly in baking dish. Sprinkle sugar-spice mixture evenly over top. Spoon pie filling evenly over top. Bake for 30-35minutes, or until center is fully cooked. Drizzle reserved icing over the top. Serve warm.

www.intentionalhospitality.com

**Apple Pie Cinnamon Rolls** 

# 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 11 New Exercise Ball **Drumming** (No Drumming 4th) 1-3 Checkers & Games

#### Wednesday's

8-12 Coffee & Chat 9-12 Dominoes 1 Exercise & Bingo

#### Thursday's

8-12 Coffee & Chat 11- Exercise Ball Drumming (Level I) 1-3 Puzzles/Checkers/ **Adult Coloring Books** 

#### Friday's

8-12 Coffee & Chat 9-12 Dominoes 1 Bingo

Ola Hanks - 8th

# Special For November...

Monday, November 3, 2025 - "Birthday Celebration" with all things pumpkin at 12:30pm!

Wednesday, November 5, 2025 - Presentation at the Currituck Senior Center on "Scams" given by Shannon Ray, Albemarle Commission. We will leave the center at 10:15am for the presentation that starts at 11am. Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams - just to name a few. Learning how to identify scams and how to protect yourself is the first step in safeguarding your finances. Cost: money for lunch at **Currituck BBQ** after presentation.

Friday, November 7, 2025 - Community Service Project at 1pm! Making Christmas Ornaments for our Christmas Goodie Bags! Monday, November 10, 2025 - Trip to Cinema Café to see "Sarah's Oil," inspired by a remarkable true story of Sarah Rector, an African American girl born in Oklahoma Indian Territory in the early 1900s, who believes there is oil beneath the barren land she's allotted and who's faith is proven right. As greedy oil sharks close, in Sarah turns to her family and friends and some Texas wildcatters to maintain control of her oil-rich land, eventually becoming among the nations first female African American millionaires – at 11 years old! Starring: Zachery Levi and Naya Desir-Johnson. Time is TBA. Cost: ticket and money for lunch at the theatre. Deadline: November 6th!

Wednesday, November 12, 2025 - "Brunswick Stew w/Chris" at 1pm. We had so much fun last time, we are making it again! Get his recipe! Deadline: November 7th!

Thursday, November 13, 2025 - Currituck's Albemarle Senior Games Ambassador Sherri Payne will be here to provide us with information on the Senior Games and everything involved at 11:30pm!

Tuesday, November 18, 2025 - Craft Class "Thanksgiving Holiday Candle" at 1pm! Make a beautiful candle to decorate your home! Deadline: November 12th!

Wednesday, November 19, 2025 - Museum of the Albemarle History for Lunch, "A Perfect Frenzy" at 10:30am! A royal governor, his black allies, and the crisis that spurred the American Revolution! Cost: money for lunch at The Sandwich Market. Deadline: November 17th!

Friday, November 21, 2025 - Community Service Project at 1pm! Making soap for our Christmas Goodie Bags! Monday, November 24, 2025 - Trip to Lynnhaven Mall at 10:30am! Get some early Christmas shopping done! Cost: money for shopping and lunch at the mall. Deadline: November 20th!

Wednesday, November 26, 2025 - Butterbean Auction at 11am! Bid on your favorite items with butterbeans!

November Birthday's...

Laughing with Lorraine...

"Going to Trader Joe's the week before Thanksgiving is like a suburban middle class Hunger Games."

-Abby

# 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 10 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

# November Birthdays...

Billy Burleson - 7th Terri Keith - 15th Margaret Flannagan - 16th Cynthia Watts - 26th



## Special For November...

Wednesday, November 5, 2025 - Presentation at the Currituck Senior Center on "Scams" given by Shannon Ray, Albemarle Commission. We will leave the center at 9:30am for the presentation that starts at 11am. Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams - just to name a few. Learning how to identify scams and how to protect yourself is the first step in safeguarding your finances. Cost: money for lunch at **Currituck BBQ** after presentation.

Thursday, November 6, 2025 - Bingo at 10am!

Friday, November 7, 2025 - Scrapbooking w/Pastor Diana at 11am & Cardmaking w/Pastor Diana at 1pm!

Monday, November 10, 2025 - In house movie "Thelma and Louise" at 11am! Louise is working in a diner as a waitress and has some problems with her boyfriend Jimmy, who, as a musician, is always on the road. Thelma is married to Darryl who likes his wife to stay quiet in the kitchen so that he can watch football on TV. One day they decide to break out of their normal life and jump in the car and hit the road. Their journey, however, turns into a flight when Louise kills a man who threatens to rape Thelma. They decide to go to Mexico, but soon they are hunted by American police. Popcorn will be served!

Wednesday, November 12, 2025 - Craft Class "Making Poinsettia Lapel Pins" w/Cindy at 11am!

Wednesday, November 12, 2025 - Birthday Celebration at 1pm!

Tuesday, November 18, 2025 - Craft Class "Grapevine Wreaths" w/Pastor Diana at 1pm!

Wednesday, November 19, 2025 - Norfolk Botanical Garden of Lights, which includes a Mobility Shuttle ride that last about 25 minutes taking guest on a journey through the stunning Garden of Lights. We will leave the senior center at 3:30pm. Cost: \$24.00 ticket, \$22.00 for military. \*Once tickets are purchased money is non-refundable. Deadline: November 3rd!

Tuesday, November 25, 2025 - Craft Class "Making Turkeys with Artificial Pumpkins" w/Barb at 1pm!

Wednesday, November 26, 2025 - Trip to Rivers Casino in Portsmouth at 10am! Cost: money for lunch and fun at the casino! Deadline: November 20th!

Think on it ...



Volunteers are special because they freely give their time, energy, and skills to a cause they care about, showing selflessness, compassion, and community spirit.

## 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!



# November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Stew w/Potatoes, Green Brean's, Roll, Graham Crackers, Milk & OJ	4 Baked Ham, Sweet Potatoes, California Blend Vegetables, Pears, Cake & Milk	Chili w/Beans, Pimento Cheese Sandwich, Broccoli, Fruit, Jello & Milk	Tuna Salad on Lettuce Bed, Cucumber & Tomato Salad, Macaroni Salad, Fruit, Crackers	<b>7</b> BBQ Chicken, Mac & Cheese Peas, Cinnamon Apples, Cornbread & Milk
10 Beef Stroganoff, Broccoli, Applesauce, Cornbread, Pudding & Milk	CLOSED  Veterans Day!	Meatloaf w/Red Sauce, Mac & Cheese, Lima Beans, Bread, Pineapple & Milk	BBQ Sandwich, Buttered Potatoes, Coleslaw, Graham Crackers, Fruit & Milk	14 Chicken Alfredo, Broccoli, Spiced Apples, Roll, Yogurt & Milk
Spaghetti w/Meat Sauce, Green Beans, Spiced Apples, Garlic Bread, Yogurt & Milk	18  Boneless Chicken Thigh, Au Gratin Potatoes, Peas, Roll, Jello, Pineapple & Milk	Tukey Breast w/Gravy, Stuffing, Carrots, Cranberry Sauce, Cornbread, Fruit & Milk	20 Chicken Salad, Pasta Salad, Pea Salad, Crackers, Cake, Milk & OJ	21 Baked Ham, Sweet Potatoes California Blend Vegetables, Pears, Cake & Milk
Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	Roast Pork & Gravy, Brown Rice, Succotash, Fruit, Cornbread, Cookie & Milk	26 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk	CLOSED  Happy Thai	CLOSED  nksgiving!