Currituck County Senior Center's

September 2026

All sites will be **CLOSED** on Monday, September 7th for Labor Day!

Your invited to...

TEA TIME

TUESDAY, SEPTEMBER 22

AT 2:00 PM

HOSTED BY

ST. KATHARINE DREXEL CHURCH

FEEL FREE TO DRESS IN TEA PARTY ATTIRE, BUT IT IS NOT NECESSARY.

HOWEVER, THERE WILL BE A PRIZE FOR THE MOST CREATIVE TEA PARTY HAT WORN.

BE SURE TO SIGN UP TO RESERVE YOUR SEAT.

See Page 2 for additional details!

Corolla...

Corolla Yoga

Corolla Yoga picks back up on Tuesdays and Thursdays starting September 8th. Please call the senior center for further information on attending classes if you are not currently registered at 232-3505.

Scams Presentation

September 9th at 10:30am
Corolla library

Presentation will be given by the Currituck County IT Director Logan Steese.
Registration is required: Call 232-2505

Rivers Casino Trip

September 21st at 8am

Corolla seniors will be picked up at the Food Lion in Southern Shores. Cost: Money for lunch at Casino.
Registration is required: Call 232-3505

Community Info...

The Senior Center in Barco currently has hard covered copies of **"Moyock: A pictorial and Folk History 1900-1920"**, a book written by Marian Fiske Welch. If you would like a FREE copy, please call or stop by and we will be happy to give you one!

The **Annual Volunteer Banquet** will be held Friday, September 25th at Noon. This event is by invitation only. Volunteers and special guest please call the senior center at 232-3505 to inform us of your attendance by September 11th!

Dawn's Words of Wisdom...

When you have a dream, you've got to grab it and never let go.

~Carol Burnett

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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
**2pm Seniors meet at Albemarle Lanes to bowl*

Tuesday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
10 MOB
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
12:30 Mahjongg
11 Bell Choir
12:30-5 Card Room

Thursday's

8-5 Billiards
8-5 Table Tennis
9 Pickleball
10 MOB
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
**Alz. Support Group 17th-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…

Tuesdays and Thursdays in September

Matter of Balance class 10am, taught by Kayla and Ashley from the Albemarle Commission. Class registration was required in August and is currently full.

Wednesday, September 2, 2026 – **Birthday Celebration** at 12:15pm!

Friday, September 4, 2026 – **Bunco & Dinner** at 2pm! Dinner will be hot dogs, potato salad, and dessert. No fee this time as we have enough left over prizes from previous Bunco events. Deadline: September 2nd!

Thursday, September 10, 2026 – Trip to **"Lost Treasure Golf"** in Kill Devil Hills at 10am! Let's play some mini golf! Cost: $16 for golf (pay there) and money for lunch! Deadline: September 8th!

Tuesday, September 15, 2026 – Trip to a nighttime **"Tides Baseball Game"** at 5pm! Cost: $17 ticket and money for dinner at the ballpark. ***please note most vendors only take credit card*** Deadline: September 10th!

Tuesday, September 22, 2026 – **Senior Tea Party** hosted by: Katharine Drexel Church at 2pm! Enjoy tea, finger sandwiches and fellowship! Feel free to dress in Tea Party attire, however it is not required. There will be a prize for the most creative Tea Party hat worn! Deadline: September 14th!

Wednesday, September 23, 2026 – Craft Class "**Sea Star and Turtle Magnets"** with Joanne from the Moyock Library at 10:30am! Deadline: September 18th!

*Seniors will be on a pre-paid Cape Cod, Boston and Martha's Vineyard PML Trip September 27th – October 2nd!

September Birthday's…

Suella Smith – 3rd
Janet Denham – 4th
Greg McCaffity – 6th
Diana Golden – 12th
Charlie DiBello – 16th
Barbara Busitzky – 24th
Judy Berry – 25th

Cooking with Latesa…

Ingredients:

- 1 Tbsp coconut oil
- 2 Tbsp curry powder
- 1 13.5 oz can coconut milk
- 2 tsp ground turmeric

5 Minute Coconut Curry Sauce

- 2 Tbsp coconut aminos
- 1 Tbsp fish sauce
- Juice of ½ lime

Directions: In a medium saucepan, heat oil and curry powder for 1 minute. Add coconut milk and turmeric and heat until reduced to desired thickness. Turn of the heat and add lime juice, coconut aminos, and fish sauce. Stir until combined. Store in an airtight container in the fridge for about a week.

Powells Point Senior Center

8011 Caratoke Hwy
Powells 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
11 Line Dancing
(No class 7th)

Tuesday's
8-12 Coffee & Chat
9-12 Dominoes
9:30-11 Book Corner

Wednesday's
8-12 Coffee & Chat
9-12 Dominoes
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
1 Bingo

Special for September…

Tuesday, September 1, 2026 – **Birthday Celebration w/Banana Splits** at 12:30pm!

Wednesday, September 2 – September 30, 2026 – **Cooking in September** at 1pm! Wednesdays in September we will be making a new recipe!

- September 2nd – *"Olive Oil Bread Dip!"* Great for parties! Deadline: August 31st!
- September 9th – *"Polish Perogies!"* Yummy potato stuffed pasta! Deadline: September 4th!
- September 23rd – *"Pizza Puff Bites!"* A quick and easy meal! Deadline: September 18th!
- September 30th – *"Carrot Muffins."* Breakfast or Dessert? Deadline: September 25th!

Friday, September 11, 2026 – Trip to the **Hatteras Lighthouse & Museum of the Sea** at 10:30am! We will travel to Hatteras and have lunch at *The Froggy Dog* in Avon, then tour the museum and view the lighthouse! Cost: money for lunch. Deadline: September 9th!

Tuesday, September 15, 2026 – **Craft Class *"Seashell Turtles"*** at 1pm! Cute little sea turtles on canvas! Deadline: September 18th!

Wednesday, September 16, 2026 – **Bingo & BBQ at the Knotts Island center!** We will have lunch followed by a game of Bingo! We will leave the center at 10:30am! Deadline: September 11th!

September Birthday's…

"Happy Birthday" to all those born in September!

Laughing with Lorraine…

"My favorite poem is the one that starts, "30 days hath September"…Because it actually tells you something."
-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
10 Puzzles/Games
11 Ball Drumming
11:30 BP Check/KI Fire Dept. (8th)

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 September…

Friday, September 4, 2026 – **In House Movie *"IDENTITY"*** at 12:30pm. (Starring John Cusack, Rebecca DeMornay and Ray Liotta.) Ten strangers with secrets are brought together in a savage rainstorm and they soon realize that, if they are to survive, they'll have to uncover the secret that has brought them all together.

Tuesday, September 8, 2026 – **Craft Class "Suncatcher Pendent"** at 11am! Create a pendent from a DIY Suncatcher Kit. Deadline: September 4th!

Thursday, September 10, 2026 – Trip to the **Virginia Living Museum** in Newport News and lunch at **Angelo's Steak and Pancake House**! The Virginia Living Museum showcases over 250 native and rescued species across indoor and outdoor natural habitats representing Virginias ecosystems from the mountains and sea. We will leave the center at 8am.
Cost: $20.95 ticket and money for lunch. Deadline: September 8th!

Monday, September 14, 2026 – Bingo at 12:30pm!

Wednesday, September 16, 2026 – **Bingo & BBQ with the Powells Point seniors** at 12pm! Powell's Point seniors will join us for lunch, followed by a game of Bingo! Deadline: September 11th!

Thursday, September 17, 2026 – **Scrapbooking w/Pastor Diana** at 11am! Scrapbook Gathering at 12:30pm, discover and share creative ideas! Bring your scrapbooks and supplies! Deadline: September 15th!

Tuesday, September 22, 2026 – **Card Making w/Pastor Diana** at 12:30pm! Summer Fun is the theme!
Deadline: September 18th!

Wednesday, September 23, 2026 – **Trip to Manteo Waterfront and lunch at Jolly Roger!** The Manteo Waterfront Boardwalk offers a scenic stroll along the downtown waterfront in the heart of Manteo. The boardwalk connects visitors to local shops, restaurants, parks and waterfront attractions while showcasing beautiful harbor views and coastal charm. We will leave the center at 8:30am. Cost: money for shopping and lunch. Deadline: September 21st!

Monday, September 28, 2026 – **Game Day** at 10:30am! Play LRC, UNO & more!

September Birthdays…

Happy Birthday to all those born in September!

Think on it …

"Volunteers are paid in six figures… S-M-I-L-E-S."
~Gayla LeMaire

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 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Salad, Macaroni Salad, Bean Salad, Crackers, Fruit, Jello & Milk	**2** Oven Fried Chicken Breast, Alfredo Noodles, Broccoli, Pears, Roll, Cake & Milk	**3** Salad w/Turkey & Cottage Cheese, Potato Salad, Pears, Crackers & Milk	**4** Hamburger Steak w/Gravy, Brown Rice, Peas & Carrots, Roll, Fruit, Brownie & Milk
7 **CLOSED** Labor Day!	**8** Chicken Salad, Cucumber & Tomato Salad, Pasta Salad, Crackers, Fruit, Pineapple Juice & Milk	**9** Cheeseburger, Green Beans, Apple Crisp & Milk	**10** Club Sub, Side Salad, Fruit Cocktail, Brownie & Milk	**11** BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
14 Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding & Milk	**15** Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookies, Milk & OJ	**16** Pork Chop w/Gravy, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	**17** Philly Cheesesteak, Mac & Cheese, Green Beans, Fruit Cocktail, Cake & Milk	**18** Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk
21 All Beef Hot Dog, Baked Beans, Fruit & Yogurt Parfait & Milk	**22** Chef Salad w/Turkey & Cheese, Macaroni Salad, Pineapple, Cookie & Milk	**23** BBQ Chicken Thigh, Mac & Cheese, Peas, Peaches, Corn Muffin & Milk	**24** Ham & Cheese Sub, Cucumber & Tomato Salad, Fruit, Graham Crackers & Milk	**25** ***No Congregate Meals Special Event 12pm*** ***HD ONLY*** -Crab Salad, Broccoli Salad, Pasta Salad, Crackers, Pineapple Juice, Cake & Milk
28 Ham & Cabbage, Au Gratin Potatoes, Cornbread, Pineapple Juice, Cake & Milk	**29** Tuna Salad, Bean Salad, Macaroni Salad, Crackers, Fruit, Jello & Milk	**30** Oven Fried Chicken Breast, Alfredo Noodles, Broccoli, Pears, Roll, Cake & Milk		