Currituck County Senior Center's

November 2026



Corolla…

<u>Bonsai Class</u>
November 4th
Corolla library 11am
Taught By:
Chris Blaha, Cooperative Ext. Agriculture Technician

Plant and learn how to properly care for your Bonsai tree!
All materials will be provided for you.
***<u>Limited Spots</u>* - Registration is required (No Walk-Ins)**
Call: 252-232-3505

<u>"New Tax Laws and Your Estate…</u>
<u>How to plan to Help secure a Legacy Tomorrow"</u>
November 18th
Corolla library 10:30am
Presented By: Grace Wealth Partners

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!
Registration is required Call: 252-232-3505 by November 13th!

Holiday Closings…

Veterans Day
Wednesday, November 11th
&
Thanksgiving
Thursday & Friday, November 26th & 27th

What's New?…

Hand and Foot Card Players needed!
Interested in playing *Hand & Foot* or learning to play? Call the senior center at 252-232-3505 for more information!

UNO w/Sherrie Payne!
Join us at the Barco site for UNO every Wednesday in November at 1pm!

Knotts Island Update…

Due to staffing issues, the Senior Center will operate on a flexible schedule until further notice.
For assistance, please contact the Currituck Senior Center at **252-232-3505**.
Thank you for your patience & Understanding.

Holiday Outreach…

Elderly Food Basket Donations
The Currituck County Senior Center will be collecting can/box food items to help support this program sponsored by the Currituck County Dept. of Social Services. Please stop by and place your donations in the box located in our lobby by December 4th!

Santa For Seniors
The holiday season is a joyous time of year for many people, but can be lonely for some older adults who may not have family or friends to celebrate with. The Currituck County Senior Center will be accepting donations for our annual Home Bound Christmas bags. New/unopened items will be accepted only. Donation examples include: tissues, hand soap, hand sanitizer, unscented lotions, Dove body soap & Wrapped candy. Donations will be accepted through December 4th!

Dawn's Words of Wisdom…

"It is not the man who has too little, but the man who craves more, that is poor."
~ Seneca

Page 2 - Barco Activities **Page 3:** Powell's Point Activities **Page 4**: Knotts Island Activities **Page 5**: Info **Page 6**: Menu

Currituck Senior Center

130 Community Way
Barco, NC 27917
252-232-3505
Hours of operation: Mon.-Fri. 8:00AM-5:00PM



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
12:30 Mahjongg
11 Bell Choir
12:30-5 Card Room
1 UNO

Thursday's

8-5 Billiards
8-5 Table Tennis
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
12:30-5 Card Room

Special for November…

Wednesday, November 4, 2026 – Birthday Celebration at 12:15pm!

Wednesday, November 4, 2026 – **Craft Class – "*Beach Themed Tree Ornaments*"** w/The Moyock Library at 10:30am! Deadline: October 30th!

Holiday Craft Series at 12:30pm on the following dates:
Friday, November 6, 2026 - "Toothpick Painting on Mason Jars" Deadline: November 4th!
Friday, November 13, 2026 - "Wall stocking holder" Deadline: November 10th!
Friday, November 20, 2026 - "Mystery Craft" Deadline: November 18th!

Tuesday, November 10, 2026 – **"Brain Health" Presentation** given by The College of Nursing at ECU at 10:30am! Learn the latest in Brain Health and tips for a healthier brain! A free box lunch will be provided! Deadline: November 5th!

Thursday, November 12, 2026 – **"Dining with Diabetes"** w/Heather Petherbridge from the Cooperative Extension at 1pm!

Tuesday, November 17, 2026 – Trip to the **Rusty Crow & Surfing Mermaid** at 10am! We will stop 1st at the Surfing Mermaid then on to Lunch at Jolly Rogers before traveling to the Rusty Crow. Seniors will be given a quick "sit and see" stitch project before shopping at the Rusty Crow. Cost: money for lunch. Deadline: November 12th!

Wednesday, November 25, 2026 – Trip to **Cinema Café** to see ***"Ebenezer,"*** an upcoming Christmas gothic dark fantasy film directed by Ti West from a screenplay by Nathaniel Halpern, based on the 1843 novella *"A Christmas Carol"* by Charles Dickens. Starring Johnny Depp as Ebenezer Scrooge. Cost: ticket and money for lunch at the theatre. Time is TBA.

Friday, December 4, 2026 - **A Country Christmas Dinner Theatre at the Onley Place** at 4:30pm! Enjoy Dinner and a Show featuring "The Hallelujah Crew!" Cost: $35 ticket Cash (including dinner) Deadline: November 23rd!

November Birthdays…



Janet Fairley 1st
Terri Combs 4th
Toni Minnis 5th
Marita Powell 6th
Cathy Logan 14th
Cheryl Greenfield 18th
Ed Robb 21st
Nathan Capps 23rd
Sarah Miles 24th
Glenda Griffis 25th

Cooking with Latesa… ***Baby Lamb Chops w/Lemon***

Ingredients:

- 3 cloves garlic, smashed
- 2 lemons, halved and thinly sliced
- ½ cup extra virgin olive oil
- 6 sprigs mint, leaves torn
- 4 large sprigs rosemary, leaves torn
- 16 Baby Lamb chops (2 ½ - 3lbs), bones frenched
- 2 tsp paprika
- Kosher salt & freshly ground black pepper

Directions: Combine garlic, lemons, olive oil, mint and rosemary in large bowl. Sprinkle lamb chops with paprika, salt, and pepper to taste; toss to coat. Cover and marinate at room temperature, turning occasionally, about 1 hr. Heat large cast iron skillet over high heat. Working in batches, cook the chops and lemons until browned, 3-4 minutes per side. Serve topped with lemons.

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
Video

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
(11/13 Only!)

Special for November…

Tuesday, November 3, 2026 – **Texas Hold-em w/Jerry** at 1pm! Come out and play poker! Don't know how to play? We will teach you! Drinks & Snacks provided.

Wednesday, October 4th, 18th & 25th, 2026 – Cooking Class Wednesday at 1pm!

- ***November 4th*** *– Homemade "Cheez-its!" (Bring your pizza cutter!)* *Deadline: November 2nd!*
- ***November 18th*** *– Garlic Cheddar Biscuits!* *Deadline: November 16th!*
- ***November 25th*** *– Homemade Soft Pretzels!* *Deadline: November 16th!*

Thursday, November 5, 2026 – **Birthday Celebration w/Brownies & Ice Cream** at 12:30pm!

Friday, November 6, 2026 – **Trip to Manteo's "Alligator River Wildlife Refuge"** at 10:30am! First, we will stop for lunch at ***"El Shaddai Chicken Restaurant"*** for Peruvian and International food! Then we will stop by the Wildlife Visitors Center, and on to the bus tour through the wildlife refuge! Bears, Bears and other wild things! You never know what you'll see! Cost: money for lunch. Deadline: November 4th!

Tuesday, November 10, 2026 – **Pancake Brunch for Vet's** at 11:30am. We are honoring our Vet's for Veterans Day with a Pancake & Sausage brunch! (Must sign up, no walk-ins!) Deadline: November 4th!

Tuesday, November 17, 2026 – **Card Game Casino w/Jerry** at 1pm! Easy to play and lots of fun! Winner gets a prize! Drinks and Snacks provided! Deadline: November 13th!

Friday, November 20, 2026 – Trip to Rivers Casino in Portsmouth at 10:30am! (Bring your Driver's License or Photo ID!) Cost: money for lunch at the Casino. Deadline: November 18th!

Tuesday, November 24, 2026 – **Craft Class *"Resin Christmas Eggs"*** at 1pm! We will be making beautiful egg-shaped Christmas decorations for your home or a gift! Deadline: November 6th!

November Birthday's…

Olah Hanks – 8th



Laughing with Lorraine…

How do you fix a broken pumpkin? With a pumpkin patch.

Knotts Island Senior Center



126 Brumley Rd
Knotts Island, NC 27950
252-429-3231
Hours of operation: Mon.-Fri. 9:00AM-3:30PM

Due to staffing issues, the Senior Center will operate on a flexible schedule until further notice.
For assistance, please contact the Currituck Senior Center at **252-232-3505**.
Thank you for your patience & Understanding understanding.

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 November…

Tuesday, November 10, 2026 – **Birthday Celebration** at 12:30pm!

Thursday, November 12, 2026 – **Scrapbooking w/Pastor Diana** at 11am! Followed by a **Scrapbook Gathering** at 12:30pm! Discover and share creative ideas! Bring you scrapbooks and supplies! Deadline: November 10th!

Tuesday, November 17, 2026 – **Cardmaking w/Pastor Diana** at 1pm! Theme: "Give Thanks." Deadline: November 13th!

Thursday, November 19, 2026 – **Bingo** at 11am!

Monday, November 23, 2026 – **Game Day** at 11am! Play cards, Dominos, Board Games & more!

Tuesday, November 24, 2026 – Holiday Shopping trip to **Norfolk Premium Outlets** at 10:30am! Cost: money for shopping and lunch at the outlets. Deadline: November 20th!

Wednesday, November 25, 2026 – **Craft Class "Christmas Wreaths"** at 11am! Deadline: November 17th!

November Birthdays…

Billy Burleson 7th
Terri Keith 15th
Margaret Flannagan 16th
Chi Chi Louie 19th
Cynthia Watts 26th
Frank Jennings 30th



Think on it …



"As you grow older, you will discover that you have two hands- one for helping yourself, the other for helping others."
-Audrey Hepburn

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!





November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Applesauce, Roll & Milk	**3** **K. Island Closed - Voting** Turkey w/Gravy, Green Beans, Sweet Potato Casserole, Stuffing, Cranberry Sauce, Cake & Milk	4 Fish Cake, Broccoli, Vegetable Rice Pilaf, Fruit, Roll & Milk	**5** White Chicken Chili, California Blend Vegetables, Cinnamon Apples, Cornbread & Milk	**6** Grilled Cheese Casserole, Baked Tomatoes, Cake, OJ & Milk
9 Lemon Pepper Chicken, Vegetable Rice Pilaf, Creamed Spinach, Fruit Salad, Pudding & Milk	**10** Shrimp Tacos, Mexican Street Corn, Pineapple, Brownie & Milk	**11** **CLOSED** **Veterans Day!**	**12** Turkey & Spinach Pasta Salad, Yogurt w/Strawberries, Crackers, Fruit & Milk	**13** Pork Roast w/Gravy, Brussel Sprouts, Glazed Carrots, Roasted Potatoes, Fruit Cobbler, Roll & Milk
16 Beef Lasagna, Green Beans, Spiced Apples, Garlic Bread, Jello & Milk	**17** Chicken Salad, Broccoli Salad, Pasta Salad, Crackers, Fruit & Milk	**18** Turkey Tetrazzini, Roasted Squash & Zucchini, Peaches, Roll & Milk	**19** Baked Ham, Black Eyed Peas, Roasted Sweet Potatoes, Brown Rice, Applesauce, Pudding & Milk	**20** Herb Baked Chicken, Loaded Potato Casserole, Succotash, Strawberries, Cornbread & Milk
23 Beef Burrito, Pinto Beans, Mexican Rice, Peaches, Brownie & Milk	**24** BBQ Chicken Thigh, Mac & Cheese, Peas, Roll, Fruit Crisp & Milk	**25** Pizza Bake, Side Salad, Breadstick, Jello, OJ & Milk	**26** **CLOSED** **Happy Thanksgiving!**	**27** **CLOSED**
30 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Applesauce, Roll & Milk				