



Currituck County Senior Center's

May 2026



Happy Mother's Day!
Sunday, May 10th

Community Event...

Currituck County will host a number of programs during 2026 as part of **America 250**, a nationwide initiative to celebrate the 250th anniversary of the United States of America. Events are free open to residents and visitors.

Citizens may find information and a calendar of regional and state events on the following websites:

northernouterbanks.com
Currituck Co. Travel & Tourism

America250.nc.gov
America 250 North Carolina

Elder Abuse Event...

11th annual **World Elder Abuse Awareness Day (WEAAD) Walk**
Thursday, June 11, 2026
10am-1pm Elizabeth City

Cost: FREE; T-shirts \$10 (optional)
Sign up with the Currituck Senior Center at 232-3505.
Transportation provided.

Deadline to sign up and order a T-shirt: **May 20th!**

All Senior Center locations will be **CLOSED** on Monday, May 25th for Memorial Day!

Cape Cod, Martha's Vineyard & Boston
September 27 - October 2, 2026

6 Day/5 Night trip includes: 5 nights hotel accommodations, 5 breakfast and 3 dinners including **1 fabulous Seafood Dinner!** Enjoy a scenic ferry ride to and a tour of **Marthas Vineyard!** Travel through historic villages with "Gingerbread" cottages and stately white mansions. Enjoy a **guided tour of Boston, Mass - "Where the past and present meet"** with beautiful neighborhoods, history and Old-World charm! See sights along the **Freedom Trail**, as well as Boston Common and Public Gardens! See **Beacon Hill**, the gold-domed state house and the **USS Constitution**, Bunker Hill Monument and drive by "*Cheers*," where everybody knows your name!

Explore Faneuil Hall and Quincy Market in Boston!

For over 250 years, the marketplace has played an integral role in the life of Boston's residents. **Enjoy touring Hyannis**—Including the John F. Kennedy Memorial, the Korean War Memorial, Hyannis Port and so much more!

Cost: \$1359 per person, double occupancy (\$1799 single) \$100 deposit per person due by June 22nd!

Please call the senior center at 232-3505 prior to mailing a deposit to ensure your space.

Senior Games Lineup...

May 5th
Golf - The Pines Elizabeth City

May 12th
Cycling - Camden Community Park

May 13th
Track - Camden Community Park

May 21st
Senior Games Showcase
Edenton UMC

May 27th
Chess - Chowan Senior Center

Bell Choir...

The Bell Choir will be performing at Heritage Care on Friday, May 15th at 1:30pm!

**Bell Choir will be on break for June and July!*

Dawn's Words of Wisdom...

"Happiness depends upon ourselves."
-Aristotle



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

Thursday's

8-5 Billiards
8-5 Table Tennis
9 - 11:30 Tax Prep
9 Pickleball
11 Exercise Tapes
11 Bingo
12:30-5 Card Room
*Alz. Support Group
21st-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 May...

Monday's May 4, 2026 - June 29, 2026 - 8 week Walking Club at 9:30am! This will be a low-key self paced walking program that will track individual steps/miles that are accomplished. Each participant will be issued a pedometer, a community park walking map, weekly Educational materials, and compete for weekly prizes! Walk alone or in a group...up to you!

Monday, May 4, 2026 - In House movie "The Devil Wears Prada" at 12pm. With an aspiration to become a journalist, Andy, a smart but sensible young graduate, travels to New York. She starts working as an assistant to one of the city's biggest high fashion magazine editors, the cynical Miranda Priestly. Starring Anne Hathaway and Meryl Streep.

Wednesday, May 6, 2026 - Birthday Celebration at 12:15pm.

Friday, May 8, 2026 - Mother's Day Luncheon at 11am! Enjoy Sandwiches, sides & dessert. Mother's may bring one adult guest! Must register guest at time of sign up! **Deadline: May 1st!**

Monday, May 11, 2026 - Cinema Café "The Devil Wears Prada 2!" As Miranda Priestly nears retirement, she reunites with Andy Sachs to face off against her former assistant turned rival: Emily Charlton. Time TBA Cost: Ticket/ money for lunch.

Tuesday, May 12, 2026 & Thursday, May 14, 2026 - Cake Decorating "Piping" Class at 1pm. Learn piping 101 techniques by decorating your own seasonal cupcakes! Each person will receive 4 blank cupcakes to decorate for Easter, Halloween, Thanksgiving and Christmas. **Class is limited and you must choose only 1 of the classes to attend (Both classes are the same)**

Thursday, May 21, 2026 - Albemarle Senior Games Performing Arts Showcase in Edenton! We will leave the center at 12:45pm. Light refreshments will be served. **Deadline: May 11th!**

Thursday, May 28, 2026 - Daytime Tides Baseball Game at 10:15am! Cost: \$20.95 ticket plus \$.75 (cash) for parking and money for lunch at the ballpark. **Deadline: May 22nd!**

Tuesday, June 2, 2026 - 4 Hour Head Boat Fishing Trip at Rudee Inlet in Virginia Beach! Hosted by: Parks and Recreation Director, Jason Weeks. Cost: \$40 per person (all supplies provided) and money for lunch. Group will leave from in front of the Senior Center at 6:15am sharp! **Deadline: May 27th!**

May Birthday's...

Karen Riddick - 2nd
Fred Peterson - 4th
Wayne McClanahan - 7th
Carol Keaton - 10th
Jewell Varga - 17th
Donald Younkin - 17th
Linda Kimbro - 28th
Pat Robinson - 29th
Dot Weller - 29th
Marie Eisenberg - 31st



Cooking with Latesa...

Ingredients:

- 1 cup unsalted butter, softened
- 4 1/2 cups powdered sugar, reserve 1/2 cup
- 1/4 tsp vanilla extract

Raspberry Buttercream

- 1 cup fresh raspberries
- Pinch of salt

Directions: Puree the raspberries in a blender or food processor. Pour into a sieve or fine mesh strainer. Press juice out with a spatula. (Should have about 1/2 cup puree.) In a large bowl, beat the butter, vanilla and pinch of salt with an electric mixer until nice and fluffy. Slowly add in powdered sugar (reserving 1/2 cup.) Add in raspberry puree and mix until fully combined. Slowly add last 1/2 cup of powdered sugar until reaching desired consistency. Use to frost cake or cupcake's, or as desired.

www.iheartnaptime.net

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

Tuesday's

8-12 Coffee & Chat
9-12 Dominoes
9:30-11 Book Corner
1 Casino Card Game

Wednesday's

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

Special For May...

Monday, May 4, 2026 - "Kentucky Derby Day" at 1pm! Join the fun and wear your fanciest hat! We will drink nonalcoholic Mint Juleps as we race our horses! Winner gets a prize! **Deadline: April 30th!**

Tuesday, May 5, 2026 - Birthday Celebration with Hot Fudge Sundaes at 12:30pm!

Wednesday, May 6, 2026 - Mother's Day Craft "Lighted Cherry Blossom Bottles" with local artist Sandy at 1pm! Sandy will show us how to paint Cherry Blossoms on a clear bottle with lights inside! *Class is limited!* **Deadline: May 1st!**

Friday, May 8, 2026 - Mother's Day Luncheon at the Barco Center! Enjoy Sandwiches, sides & dessert! Mother's may bring **one adult** guest. *Must register guest at time of sign up!* We will leave the center at 10:30am. **Deadline: May 1st!**

Monday, May 11, 2026 - Butterbean Auction at 1pm! Bid on your favorite items with butterbeans! **Deadline: May 7th!**

Tuesday, May 12, 2026 - "Casino" Card Game at 1pm! Come learn the easy fun game of Casino! We need groups of 2 or 4 in order to play!

Wednesday, May 13, 2026 - Trip to Bodie Island Lighthouse at 10:30am! Over the next year we will be embarking on a series of lighthouses and maritime interest. Our first stop is Bodie Island Lighthouse. Unfortunately, the lighthouse keepers quarters and gift shop are indefinitely closed due to a recent fire, but we can still walk on the beautiful grounds and learn the history from the outside. *Weather permitting!* Cost: money for lunch at **The Country Deli!** **Deadline: May 11th!**

Friday, May 15, 2026 - Celebrate "National Chocolate Chip Day" at 12:30pm! Lets sample different brands of Chocolate Chip cookies and crown a winner! **Deadline: May 13th!**

Monday, May 18, 2026 - Nature Walk at the Rural Center at 1pm! (*Must have own transportation to the Rural Center!)

Wednesday, May 20, 2026 - "Mystery Bingo" at 1pm! **Deadline: May 18th!**

Friday, May 22, 2026 - Lets join the Knotts Island Seniors for a Picnic and Games at Munden Point from 11am - 2pm! Food and drinks will be provided! We will leave the center at 9:30am! **Deadline: May 18th!**

Wednesday, May 27, 2026 - Shopping at Prime Outlets in Nags Head at 10:30am! Lets go shopping before the beach gets crowded! Cost: money for shopping and lunch at the outlets! **Deadline: May 22nd!**

May Birthday's...

Scott Gutherie - 7th

Leigh Dumas - 22nd

Lisa Ward - 23rd

Alisa Hugdahl - 26th



Laughing with Lorraine...

What is the best flower for a boy to give his mother on Mothers Day?
A "Son-flower!"

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
12:30 Line Dancing
Video (4th & 18th)

Tuesday's

9:30 Walk in the Park
10 Puzzles/Games
11 Ball Drumming
**11:30 BP Check/KI Fire
Dept. (12th)**

Wednesday's

9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise
12:30 Line Dancing
Video (13th)

Thursday's

9:30 Walk in the Park
10 Puzzles/Games
11 Ball Drumming
12:30 Line Dancing
Video (28th)

Friday's

9:30 Walk in the Park
10 Puzzles/Games
11 Chair Exercise

Special For May...

***New Activity** Line Dancing Video for Seniors & Beginners at 12:30pm on May 4th, 13th, 18th & 28th!**

Tuesday, May 5, 2026 - In-House movie "**Against All Odds**" at 12:30pm! (Starring Rachel Ward and Jeff Bridges.) A cynical ex-football star is hired to find a runaway mistress of a ruthless L.A. nightclub owner.

Wednesday, May 6, 2026 - **Games Day** at 1pm! LRC, Uno and more!

Thursday, May 7, 2026 - **Site Manager Round Table Meeting** at 1pm! Meeting will be focused on brainstorming and sharing ideas for activities, events and senior trips.

Friday, May 8, 2026 - **Mother's Day Luncheon** at the Barco Center! Enjoy Sandwiches, sides & dessert! Mother's may bring **one adult** guest. *Must register guest at time of sign up!* We will leave the center at 9:45am. **Deadline: May 1st!**

Tuesday, May 12, 2026 - **Birthday Celebration w/ Brownie Sundaes** at 12:30pm!

Thursday, May 14, 2026 - **Scrapbooking w/Pastor Diana** at 11am! **Deadline: May 12th!**

Thursday, May 14, 2026 - **Scrapbook Gathering** at 12:30pm! Discover and share creative ideas! Bring your scrapbook's and supplies! **Deadline: May 12th!**

Friday, May 15, 2026 - Trip on the **Blue Goose Wildlife & History Tram Tour!** A four hour (9am-1pm) guided experience that takes participants through the scenic Back Bay National Wildlife Refuge and False Cape State Park. This tour is designed to showcase the areas rich wildlife and historical significance! Bring comfortable shoes, bug spray and snacks! We will leave the center at 7:45am. Cost: \$8 tour plus money for lunch at **Senor Fox!** **Deadline: May 4th!**

Tuesday, May 19, 2026 - **Cardmaking w/Pastor Diana** at 1pm! Summer themed! **Deadline: May 15th!**

Friday, May 22, 2026 - **Picnic and Games at Munden Point** from 11am-2pm! Powells Point will be joining us! Food and drinks will be provided! We will leave the center at 10:40am! **Deadline: May 18th!**

Monday, May 25, 2026 - **Bingo** at 1pm!

Wednesday, May 27, 2026 - **Bonsai Care Class w/Pete the Bonsai Guy** at 1pm! Learn to grow and train your Bonsai trees for spring growth and blooming! If you do not have a tree, one can be provided.

May Birthdays...

Mari Mann - 20th
Raymond Williams - 24th
Sheila Huber - 26th



Think on it ...



"The smallest act of kindness is worth more than the grandest intention."

-Oscar Wilde

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!





May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk
4 Hot Dog, Baked Beans, Baked Apples, Yogurt & Milk	5 Chef Salad w/Turkey & Cheese, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	6 BBQ Chicken, Mac & Cheese, Peas, Peaches, Cornbread & Milk	7 Ham & Cheese Sub, Cucumber & Tomato Salad, Fruit, Graham Crackers & Milk	8 Crab Salad on lettuce Bed, Pasta Salad, Broccoli Salad, Crackers, Cake, Pineapple Juice & Milk
11 Ham, Cabbage, Au Gratin Potatoes, Cornbread, Cake, Pineapple Juice & Milk	12 Tuna Salad, Macaroni Salad, Bean Salad, Crackers, Fruit, Jello & Milk	13 Oven Fried Chicken Breast, Alfredo Noodles, Broccoli, Pears, Roll, Cake & Milk	14 Salad w/Turkey & Cottage Cheese, Potato Salad, Pears, Crackers, & Milk	15 Hamburger Steak w/Gravy, Brown Rice, Peas & Carrots, Roll, Fruit, Brownie & Milk
18 Turkey Breast w/Gravy, Mac & Cheese, Carrots, Baked Apples, Roll, Pudding & Milk	19 Chicken Salad, Cucumber & Tomato Salad, Pasta Salad, Crackers, Fruit, Pineapple Juice & Milk	20 Cheeseburger, Green Beans, Apple Crisp & Milk	21 Club Sub, Side Salad, Fruit Cocktail, Brownie & Milk	22 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
25 <div style="text-align: center; color: red; font-weight: bold;"> CLOSED Memorial Day! </div>	26 Tuna Salad, Cucumber Salad, Macaroni Salad, Crackers, Cookies, Milk & OJ	27 Pork Chop w/Gravy, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	28 Philly Cheesesteak, Mac & Cheese, Green Beans, Fruit Cocktail, Cake & Milk	29 Chicken Breast w/Gravy, Broccoli & Rice Casserole, Fruit, Bread, Cake & Milk

