



# Currituck County Senior Center's

October 2022



## Happy Fall!

HELP NEEDED...

### Corolla update...

Corolla programming has been on pause since the Pandemic. We are now looking ahead...

We are now trying to reestablish an "Interest" list of anyone wanting to participate in Yoga. Logistics, an instructor, and other details will be worked out once we establish if there is still a need/want for this program. You must be 55+ and be a Corolla resident at least 1/2 of the year.

Please contact the **Currituck Senior Center at 252-232-3505** to have your name and contact information added to the list. Please do not contact the Corolla Library as this is not a library program.

**We hope to see you soon!**

### Ready...set...go..

**Wednesday, October 19, 2022 - Annual "Senior Health & Wellness Day!"** 11am-2pm. Get your flu shot, receive information on Medicare, Albemarle Commission Services, YMCA, Animal Shelter, Interfaith Outreach, Library Services, NC Dept. of Human Services for the Deaf & Hard of Hearing, Social Services, Emergency Management, Cooperative Extension, Fire/EMS, Community Home Care & Hospice, Trillium, and more! Registered participants will receive a **FREE boxed lunch and a chance to win a prize!** You must register with the Currituck Senior Center at 232-3505 by October 11th!

### Halloween FUN facts:

- Illinois produces up to five times more pumpkins than any other state.
- Candy corn was originally called "chicken feed."
- Harry Houdini died on Halloween in 1926.
- Some shelters used to suspend black cat adoptions for Halloween.
- The night before Halloween is called Mischief Night or Goosey Night in some places.
- The holiday dates back more than 2,000 years.
- Some Halloween rituals used to involve finding a husband.
- Sugar rationing during World War II halted trick-or-treating.
- Halloween is the second largest commercial holiday in the country.
- There's a traditional Halloween bread in Ireland "Barmbrock."
- The Irish brought us jack-o'-lanterns.

Provided By: [www.Goodhousekeeping.com](http://www.Goodhousekeeping.com)



### Dawn's Words of Wisdom...

"Autumn is a second Spring when every leaf is a flower."  
-Albert Camus

### Home Delivered Meals Volunteers!

A Home Delivered Meals Volunteer is the *ONLY* reason we are able to serve our Currituck County home bound seniors with meals throughout the week.

Volunteers play a key role in providing seniors not only with a meal, but offer much needed socialization and smiles! You may be the *ONLY* person that they see all day! Volunteer schedules are flexible to meet our volunteers' needs. The average route requires 1 hour of your time and you can volunteer as little or as often as you want. There are currently 10 routes throughout Currituck County serving approx. 65 Home Bound Seniors.

### Currituck Senior Centers

Barco 232-3505

Powell's Point 491-8173

Knotts Island 429-3231

# 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- 11 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  
10-12 Art Room  
11 Exercise Tape  
12:30-5 Card Room

### Wednesday's

8-5 Billiards  
8-5 Table Tennis  
9- 11 Pickleball  
9:30 Scrabble/Upwards  
10-12 Sewing Room  
12:30-5 Card Room

### Thursday's

8-5 Billiards  
8-5 Table Tennis  
9-5 Horseshoes  
10-12 Art Room  
11 Exercise Tape  
12:30-5 Card Room

### Friday's

8:00-5:00 Billiards  
8:00 Table Tennis  
9:00 Pickle Ball  
10-12 Sewing Room  
12:30-5 Card Room

## Special For October...

**Tuesday, October 4, 2022 - Trip to IKEA** at 10:30am. Cost: money for shopping and lunch at IKEA.

**Wednesday, October 5, 2022 - Birthday Celebration** at 12:30pm!

**Thursday, October 6, 2022 - "Cake BINGO"** at 11am. Play Bingo for a chance to win a cake! Deadline: October 5th!

**Wednesday, October 12, 2022 - Medicare Presentation w/Sheila Gregory** at 11am.

**Friday, October 14, 2022 - Craft Class - Halloween/Fall Lumineers** at 12:30pm. Deadline: October 12th!

**Wednesday, October 19, 2022 - Annual "Senior Health & Wellness Day!"** 11am-2pm. Get your flu shot, receive information on Medicare, Albemarle Commission Services, YMCA, Animal Shelter, Interfaith Outreach, Library Services, NC Dept. of Human Services for the Deaf & Hard of Hearing, Social Services, Emergency Management, Cooperative Extension, Fire/EMS, Community Home Care & Hospice, Trillium, and more! Registered participants will receive a **FREE boxed lunch and a chance to win a prize!** You must register with the Currituck Senior Center at 232-3505 by October 11th!

**Monday, October 24, 2022 - Cooking Class - "Cinnamon Apple Bread"** at 2pm! All supplies will be provided. Deadline: October 20th! (Class is limited to 8 seniors!)

**Thursday, October 27, 2022 - Trip to Cinema Café** to see *"Tickets to Paradise,"* Starring George Clooney & Julia Roberts. A divorced couple who teams up and travels to Bali to keep their daughter from making the same mistake they think they made 25 years ago. Cost: ticket and money for lunch at the theatre. Time is TBA.

**Friday, October 28, 2022 - "Oktoberfest Party"** at 12pm! Join us along with the Powell's Point Seniors for food, music, games and festivities to celebrate this German festival! Bring your BEST Beer Stein (empty - no alcohol allowed) to be judged to win a prize. Deadline: October 21st!

**Monday, October 31, 2022 - Halloween Treats** at 12:15pm!

## October Birthday's...

Jim Courtney - 2nd  
Beverly Johnson - 3rd  
Rosario Vizcarrando - 4  
Janice Denton - 5th  
Don Forcht - 6th  
Kathy Plante - 8th  
Julie Wetzel - 8th  
Margaret Wills - 14th  
Richard Wadleigh - 16th  
Hallie Firestone - 20th  
Pat Keene - 22



## Cooking with Latesa...

### Ingredients:

- 1 (0.3oz) sugar free lemon gelatin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 3/4 cups water, divided

**Directions:** In a large saucepan, mix gelatin, cinnamon, nutmeg and 1 1/2 cups water. Add apples, bring to a boil. Reduce heat; simmer, covered, until apples are tender, about 5 minutes. In a bowl, mix pudding mix and remaining water; stir into apple mixture. Cook until thickened, about 1 minute, stirring occasionally. Remove from heat; stir in nuts, transfer to crust. Refrigerate at least 2 hours before serving. If desired, serve with whipped topping.

## No-Bake Apple Pie

- 5 medium tart apples, peeled & sliced
- 1 (0.8oz) sugar free cook & serve vanilla pudding
- 1/2 cup chopped nuts
- 1 (9 inch) reduced fat graham cracker crust
- whipped topping, optional

# Powell's 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  
(flavor of the month  
"Pumpkin Spice")  
10-12 Dominoes

### Tuesday's

9:30-11 Book Corner  
11 Exercise Ball  
Drumming (Level II)  
(No drumming 4th!)  
1-3 Checkers & Games

### Wednesday's

10-12 Dominoes  
1 BINGO  
(No bingo 5th, 19th, 26th!)

### Thursday's

11- Sitting Exercise Ball  
Drumming (Level I)  
(No drumming 6th!)  
1-3 Puzzles/Checkers/  
Adult Coloring Books

### Friday's

10-12 Dominoes  
1 BINGO  
(No bingo 21st!)

## Special For October...

**Tuesday, October 4, 2022 - Birthday Celebration at 1pm!**

**Wednesday, October 5, 2022 - Medicare Open Enrollment w/Sheila Gregory 1-2pm!** Reserve a time slot!

**Monday, October 10, 2022 - In house movie "Elvis" at 12:30pm!** The film follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker. It stars Austin Butler in the title role with Tom Hanks at Parker, while Helen Thomson and Richard Roxburgh co-star. Popcorn & Soda will be served. Deadline: October 7th!

**Tuesday, October 11, 2022 - New Class! Exercise Ball Drumming Level 2 at 11am!** Get that heart beating to some awesome music! Have a great cardio workout! No sitting! Let's get moving! This class is limited!

**Thursday, October 13th & 20th, 2022 - Craft Class - Fall Gnomes at 1pm!** Take your pick– Spooky Gnome or Fall Gnome? Knotts Island Seniors will be joining us! Deadline: October 10th!

**Monday, October 17, 2022 - Diabetes Presentation w/Amy Underhill at 11am!** A FREE box lunch will be provided to those who register by October 12th!

**Wednesday, October 19, 2022 - Annual "Senior Health & Wellness Day!" 11am-2pm.** Get your flu shot, receive information on Medicare, Albemarle Commission Services, YMCA, Animal Shelter, Interfaith Outreach, Library Services, NC Dept. of Human Services for the Deaf & Hard of Hearing, Social Services, Emergency Management, Cooperative Extension, Fire/EMS, Community Home Care & Hospice, Trillium, and more! Registered participants will receive a **FREE boxed lunch and a chance to win a prize!** We will leave the center at 10:30am. Deadline: October 11th!

**Monday, October 24, 2022 - "Bingocize" Falls Prevention every Monday & Wednesday at 1pm!** A 10-week program to include light chair exercise, bingo and learning about preventing falls! (**You must register in person at the Powell's Point Senior Center on Friday, October 14th at 2pm to participate!**) This class is limited!

**Friday, October 28, 2022 - "Oktoberfest" Party at 12pm!** We will join the Barco seniors for food, music, games and festivities to celebrate this German festival! Bring your BEST Beer Stein (empty - no alcohol allowed) to be judged to win a prize. We will leave the center at 11:15am. Deadline: October 21st!

## October Birthday's...

Mary Fowler - 2nd  
Joyce Pugh - 18th



## Laughing with Lorraine...

"Its officially sweater in the morning  
and regret it in the afternoon weather."

-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

9-3 Puzzles/Games  
9:30 Chair Exercise

### Tuesday's

9-3 Puzzles/Games  
9:30 Walking Exercise

### Wednesday's

9-3 Puzzles/Games  
9:30 Chair Exercise

### Thursday's

9-3 Puzzles/Games  
9:30 Walking Exercise

### Friday's

9-3 Puzzles/Games  
9:30 Exercise Drumming

## Special For October...

**Monday, October 3, 2022 - Knotts Island Scrapbook Online** at 1pm! Volunteer Shaun Kane will be back to continue our journey into the online Knotts Island Scrapbook. Bring your old photos and documents to be scanned and added to the scrapbook!

**Thursday, October 6, 2022 - Birthday Celebration** at 1pm!

**Tuesday, October 11, 2022 - Bonsai Time at 1pm!** Bring your bonsai trees-in-training and we'll learn how to prepare them for the fall and winter months. Don't have a tree? There will be extra ones available!

**Thursday, October 13, 2022 - Craft Class at Powell's Point! (Part One)** - Take your pick: *Spooky Gnome* or *Fall Gnome*? Don't forget to order your congregate meal the day before or bring your own. We will leave the center at 10am! Deadline: October 10th!

**Monday, October 17, 2022 - Movie at Cinema Café** in Edinburgh! Cost: ticket and money for lunch at the theatre. Time TBA.

**Wednesday, October 19, 2022 - Annual "Senior Health & Wellness Day!"** 11am-2pm. Get your flu shot, receive information on Medicare, Albemarle Commission Services, YMCA, Animal Shelter, Interfaith Outreach, Library Services, NC Dept. of Human Services for the Deaf & Hard of Hearing, Social Services, Emergency Management, Cooperative Extension, Fire/EMS, Community Home Care & Hospice, Trillium, and more! Registered participants will receive a **FREE boxed lunch and a chance to win a prize!** We will leave the center at 10am. Deadline: October 11th!

**Thursday, October 20, 2022 - Craft Class at Powell's Point! (Part 2)** - We'll continue to work on our Spooky/Fall Gnomes. Don't forget to order your congregate meal the day before or bring your own. We will leave the center at 10am! Deadline: October 17th!

**Monday, October 24, 2022 - Decorate for Halloween** at 1pm! Let's scare up some skeletons, black cats and pumpkins to get ready for Halloween! Hot chocolate, coffee and some scary treats will be served.

**Wednesday, October 26, 2022 - Field Trip to the Museum on the Albemarle & Lunch at Pineapple Café!** Cost: money for lunch. We will leave the center at 9:30am.

**Friday, October 28, 2022 - Game Day** at 1pm! Join us for Bingo, Card Games, Board Games, Mahjong & More!

## October Birthdays

Brenda McLaughlin - 3rd  
Glen Dixon - 26th



"You must remember this" with Mari...

"I'll stop wearing black when they make a darker color."  
~ Wednesday Adams, *The Addams Family*.

## 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](http://www.CurrituckCountyNC.gov)

Questions:

[Stacy.joseph@CurrituckCountyNC.Gov](mailto: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 - Powell's 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!***



# October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Salisbury Steak & Mashed Potatoes w/Gravy, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk	<b>4</b> Chicken Salad, Macaroni Salad, Three Bean Salad, Crackers, Jell-O, Fruit & Milk	<b>5</b> Baked Ham, Cabbage, Sweet Potatoes w/Marshmallows, Pears, Roll & Milk	<b>6</b> Turkey & Cheese Sandwich, Tossed Salad, Fruit Cocktail, Cake & Milk	<b>7</b> Oven Fried Chicken, Buttered Potato, Peas, Pears, Roll, Cookie & Milk
<b>10</b> Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	<b>11</b> Southwest Chicken Salad w/ Black Beans & Corn, Rotini Pasta Salad, Pineapple, Pudding & Milk	<b>12</b> Chili, Baked Potato, Cornbread, Jell-O, Fruit & Milk	<b>13</b> Chef Salad w/Ham & Cheese, Potato Salad, Strawberries, Crackers, Cookie & Milk	<b>14</b> Pork Chop, Scalloped Potatoes, Collards, Fruit Crisp, Roll & Milk
<b>17</b> Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk	<b>18</b> Ham & Cheese Hoagie, Tossed Salad, Cake, Milk & Pineapple Juice	<b>19</b> Meat Loaf, Mac & Cheese, Green Beans, Pineapple, Roll & Milk	<b>20</b> Chicken Salad, Pasta Salad, Broccoli Salad, Crackers, Cake, Milk & OJ	<b>21</b> Turkey Breast w/Gravy, Stuffing, Carrots, Brown Rice, Cranberry Sauce, Pudding & Milk
<b>24</b> Spaghetti w/ Meat Sauce, California Blend Vegetables, Baked Apples, Garlic Bread, Pudding & Milk	<b>25</b> Roast Beef & Cheese Sub, Tossed Salad, Fruit Cocktail, Cake & Milk	<b>26</b> BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Cookie & Milk	<b>27</b> Tuna Salad, Pasta Salad, Pea Salad, Crackers, Cake, Milk & OJ	<b>28</b> Beef Tips w/Gravy, Brown Rice, Sauted Spinach, Peaches & Milk
<b>31</b> Salisbury Steak & Mashed Potatoes w/Gravy, Peas & Carrots, Pineapple, Roll, Apple Crisp & Milk  <b>Happy Halloween!</b>				