



# Currituck County Senior Center's April 2024



*"April Showers Bring May Flowers!"*

## Senior Games...

### Albemarle 40th Annual Senior Games

#### April Lineup...

#### April 15th - Purser Soccer Complex

Croquet

#### April 16th - Perquimans Co Comm Ctr

Field Events

Table Tennis

#### April 19th - Albemarle Family YMCA

Swimming

#### April 22nd - Albemarle Plantation

Bocce (Women)

#### April 24th - Currituck SR Ctr/P & Rec

Pickle Ball

#### April 25th - Albemarle Plantation

Bocce (Men)

#### April 30th - E. City St. Tennis Courts

Tennis

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

### "Alzheimer's and the Power of Music" Living Lecture

Thursday, May 23, 2024 at 3PM

Currituck Senior Center

130 Community Way, Barco

Open to *NC residents* (regardless of age)

**Registration is Required by: May 17<sup>th</sup>!**

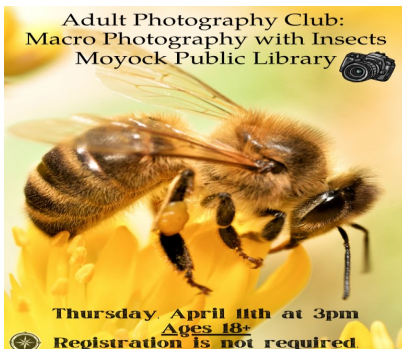
Call 232-3505

Tripp Harrison will give a presentation that is extremely helpful to those who have a family member or friend or are caring for someone with "cognitive decline," specifically dementia and Alzheimer's. This will be a "living lecture," which is, in effect, a lecture and demonstration of how music can be used in positively affecting the mood, demeanor and behavior of those suffering from these horrible infirmities. When properly applied, music can literally bring a patient back to a point of happiness, joy and restore memories that you may assume were long lost. The powerful effect that music has on all of us is evident to most. But the ability of directed music to reach someone who doesn't recognize their children, can't care for themselves and are, in general, gone from our reality is uncanny. The effects aren't permanent, but using music in certain ways can restore peace and comfort - even create joy and excitement for patients, who have been shown to "come back" to us, even in post-listening conversations, for hours after using these techniques.

This lecture is powerful, Informative, exciting, empowering and will bring hope and joy to those of us who believe we've had our last real connection to someone we've lost to these horrific conditions. Tripp will perform real musical examples on a keyboard to show how mood and cognitive awareness can be improved in seconds using the power of music to reach deep inside the mind. Tripp involves the attendees by handing out percussion instruments to play to demonstrate a point regarding ACTIVE participation in music.

*This presentation is sponsored by the Twiford's Community Enrichment Program.*

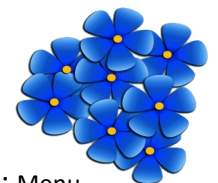
## Community Highlight...



## Dawn's Words of Wisdom...

"All the flowers of all the tomorrows, are in the seeds of today..."

~Unknown



## Everyday...

### Monday's

8-5 Billiards  
 8-5 Table Tennis  
 9 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  
 9 Pickleball  
 10-12 Art Room  
 12:30 Mexican Dominoes  
**2-3 Chi Yoga**  
**(16th, 23rd & 30th)**  
 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

### Thursday's

8-5 Billiards  
 8-5 Table Tennis  
 9 Pickleball  
 9-5 Horseshoes  
 10-12 Art Room  
 11 Bingo  
 12:30-5 Card Room  
**\*AARP TAX PREP (4th)**

### Friday's

8-5 Billiards  
 8-5 Table Tennis  
 9 Pickle Ball  
 10-12 Sewing Room

# Currituck Senior Center



130 Community Way  
 Barco, NC 27917  
 252-232-3505

Hours of operation: Mon.-Fri. 8:00AM-5:00PM



The Currituck Bell Choir  
 will have their 2nd  
 performance of the  
 season at Currituck  
 Health & Rehab on  
 Friday, April 26th!

## Special for April..

**Wednesday, April 3, 2024 - Birthday Celebration** at 12:30pm!

**Thursday, April 11, 2024** - Shopping at **Crossways Shopping Center** in Greenbrier (*Target, Hobby Lobby, Old Navy, etc.*) and lunch at **Olive Garden**. We will leave the center at 10:30am. Cost is money for shopping and lunch. **Deadline: April 9th!**

**Tuesday, April 16, 2024** - Trip to **Cinema Café** to see **"Someone Like You!"** Maddie West is shaken to the core when she finds out that everything, she believed about her life was a lie. Her parents had always planned to tell her the truth about her past: that she was adopted as an embryo. But somehow the right moment never happened. Dawson Gage's life is destroyed when London Quinn, the only girl he had ever loved, is killed. In the hospital waiting room, London's mother reveals to Dawson that London might have had a sibling—the frozen embryo she and her husband donated decades ago. Cost: Ticket (pay there) and money for lunch at movies. Time TBA

**Tuesday, April 16, 2024 - Tuesday, May 21, 2024** - A 6-week **Gentle Chi Yoga** class from 2-3pm! Taught by Knotts Island Site Manager, Mari Mann. (You will need to provide your own yoga mat.) Class is limited.

**Friday, April 19, 2024** - Craft Class **"Embroidery Hoop Pocket Wreath"** at 12:30pm! Class is limited. **Deadline: April 12th!**

**Wednesday, April 24, 2024 - Albemarle Senior Games Pickleball Tournament** at 9am! Spectators welcomed!

**Thursday, April 25, 2024 - Tides Baseball Game!** We will leave the center at 10:30am. Cost: \$17 ticket and \$.75 parking (cash); money for lunch at the ballpark! **Deadline to sign up and pay: April 22nd!**

**Monday, April 29, 2024 - Bingo & Dinner** from 2-5pm. **Deadline: April 22nd!**

## April Birthday's...

Rebecca Belcher - 1st    Delores Myers - 15th  
 Rob Wetzell - 2nd      April Thorpe - 18th  
 Becky Wolf - 7th      Merlita Miguel - 30th  
 Donna Sawyer - 7th  
 Beverly Simpson - 9th  
 Ruth Browder - 10th  
 Rose Wright - 13th



## Cooking with Latesa...

### Base Ingredients:

- 1 1/2 cups graham wafers
- 1/2 cup peanuts, chopped
- 1/4 cup butter, melted

## Drumstick Ice Cream Dessert

### Topping:

- 8oz cream cheese
- 1/2 cup sugar
- 1/2 cup peanut butter
- 2 Tbs milk
- 2 Tsp vanilla
- Chocolate syrup

**Directions:** Combine base ingredients and press into 9x13 pan, reserving 1/4 cup for top. Blend together cream cheese, sugar, peanut butter, Cool Whip, vanilla and milk until smooth. Spread over base. Drizzle with chocolate syrup and swirl with knife for marble effect. Sprinkle with reserved crumbs. Freeze for at least 6 hrs. Remove from freezer 10 minutes before serving.

[www. food.com](http://www.food.com)



# 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

8-10 Coffee & Chat  
9-12 Dominoes  
1 Bingsize  
(No Bingsize 1st & 29th!)

### Tuesday's

8-10 Coffee & Chat  
9:30-11 Book Corner  
1-3 Checkers & Games

### Wednesday's

8-10 Coffee & Chat  
9-12 Dominoes  
1 Bingo

### Thursday's

8-10 Coffee & Chat  
11- Exercise Ball  
Drumming (Level I)  
1-3 Puzzles/Checkers/  
Adult Coloring Books

### Friday's

8-10 Coffee & Chat  
9-12 Dominoes  
1 Bingo  
(No Bingo 12th & 19th!)

## Special For April...

**Monday, April 1, 2024 - "White Elephant Exchange"** at 1pm! What a better day to play this game than April Fools Day? Bring a wrapped unusual gag gift. Let the fun begin! (Keep Gag gift under \$5 and don't forget to wrap it!)

**Deadline: March 28th!**

**Tuesday, April 9, 2024 - Birthday Celebration** at 12:30pm! **Deadline: April 8th!**

**Friday, April 12, 2024 - "Shabby Shack & Southland!"** We will eat lunch at Southland then visit the unique gift shop, Shabby Shack. We will leave the center at 10:30am. Cost: money for shopping and lunch. **Deadline: April 11th!**

**Wednesday, April 17, 2024 - "Nags Head Outlets & Jolly Roger** at 10:30am!" We will stop to have brunch at The Jolly Roger and then onto the outlets for an afternoon of shopping! Cost: money for brunch and shopping! **Deadline: April 16th!**

**Thursday, April 18, 2024 - "Herbs in a Colander,"** with Chris Blaha from Cooperative Extension at 1pm! We will be making hanging baskets out of colanders to hang outside or in your kitchen. **Deadline: April 10th!**

**Tuesday, April 23, 2024 - "Washer Jewelry"** at 1pm! This is your chance to make a unique piece of jewelry for yourself or a friend! **Deadline: April 10th!**

**Monday, April 29, 2024 - "Bingo & Dinner"** at Barco! We will leave the center at 1:30pm. **Deadline: April 22nd!**

## April Birthday's...

Michael Parker - 9th



## Laughing with Lorraine...

"99% of people get their taxes done on time. I'm finally in the 1%!"

-Maxine

# 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  
10-3 Puzzles/Games

### Tuesday's

9:30 Gentle Chi Yoga  
10-3 Puzzles/Games

### Wednesday's

9:30 Walk in the Park  
10-3 Puzzles/Games

### Thursday's

9:30 Gently Chi Yoga  
10-3 Puzzles/Games

### Friday's

9:30 Exercise Ball  
Drumming  
10-3 Puzzles/Games

## Special For April...

**Monday & Wednesdays - Walk in the Park at 9:30am!** A brisk morning walk is a great way to start the day!

**Tuesdays & Thursdays - Gentle Chi Yoga at 9:30am!** Chi Yoga combines traditional yoga poses, stretching, strengthening and balance movements.

**Fridays - Exercise Drumming at 9:30am!** Drumming is a great way to raise your heart rate and happiness level!

**Wednesday, April 3, 2024 - Decorate for April at 1pm!** April Showers and April Flowers are our theme for April decorations!

**Friday, April 5, 2024 - Belgian Waffle Brunch at 10am!** Belgian waffles with bananas, blueberries and strawberries, anyone? Yes Please! **Deadline: April 2nd!**

**Tuesday, April 9, 2024 - Birthday Celebration at 1pm!**

**Thursday, April 11, 2024 - Card Making w/Pastor Diana at 1pm!** Spring Showers and April Flower cards to match our April decorating theme! *Don't forget to sign up for lunch!*

**Monday, April 15, 2024 - Sourdough Bread Part Two at 10am!** Time to feed your starters and learn to make biscuits, tortillas & more! **Deadline: April 12th!**

**Friday, April 19, 2024 - Field trip to VB's Spring Craft Market at 9:30am!** Features 150 fine artists and craftspeople from across the nation, at the Virginia Beach Convention Center. Cost: \$8 admission and money for lunch at the Market. *(Receive \$1 off admission by bringing a canned food donation for Food Bank of Southeastern Virginia.)* **Deadline: April 17th!**

**Thursday, April 25, 2024 - Craft Class Summer Grapevine Wreaths at 1pm!** Decorate your home for Spring with beautiful wreaths made from grapevines and adorned with seashells, artificial flowers and ribbons.

## April Birthdays...

Fred Waterfield - 22nd



## "You must remember this" with Mari...

"The first of April is the day we remember what we are the other 364 days of the year."

-Mark Twain

## 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 - Powells 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

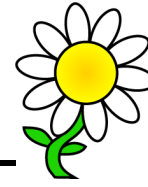
***To receive transportation to a nutrition site please call the senior center you are interested in attending to receive more information!***







# April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding &amp; Milk</p>	<p><b>2</b></p> <p>Tuna Salad, Macaroni Salad, Three Bean Salad, Crackers, Cookies, OJ &amp; Milk</p>	<p><b>3</b></p> <p>Meatloaf w/red sauce, Lima Beans, Brown Rice, Fruit, Roll, Brownie &amp; Milk</p>	<p><b>4</b></p> <p>Roast Beef w/Cheese Hoagie, Tossed Salad, Fruit Cocktail, Banana Bread &amp; Milk</p>	<p><b>5</b></p> <p>Chicken Breast w/Gravy, Broccoli &amp; Rice Casserole, Fruit, Bread, Cake &amp; Milk</p>
<p><b>8</b></p> <p>Smoked Sausage Link on Bun, Baked Beans, Baked Apples, Pudding &amp; Milk</p>	<p><b>9</b></p> <p>Chef Salad w/Turkey &amp; Cheese, Macaroni Salad, Strawberries, Crackers, Cookie &amp; Milk</p>	<p><b>10</b></p> <p>BBQ Chicken Leg Quarter, Mac &amp; Cheese, Peas, Fruit, Corn Muffin &amp; Milk</p>	<p><b>11</b></p> <p>Lasagna w/Ground Beef, California Blend Vegetables, Corn, Garlic Bread OJ &amp; Milk</p>	<p><b>12</b></p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, Pineapple Juice &amp; Milk</p>
<p><b>15</b></p> <p>Ham &amp; Cabbage, Red Potatoes, Cornbread, Cake, Pineapple Juice &amp; Milk</p>	<p><b>16</b></p> <p>Oven Fried Chicken, Buttered Potato w/Sour Cream, Broccoli, Pears, Roll, Cookies &amp; Milk</p>	<p><b>17</b></p> <p>BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit &amp; Milk</p>	<p><b>18</b></p> <p>Turkey &amp; Cheese Sub, Broccoli Salad, Pineapple, Graham Crackers &amp; Milk</p>	<p><b>19</b></p> <p>Hamburger Steak w/Gravy, Brown Rice, Lima Beans, Roll, Brownie &amp; Milk</p>
<p><b>22</b></p> <p>Cheeseburger, Green Beans, Apple Crisp &amp; Milk</p>	<p><b>23</b></p> <p>Chicken Salad, Pasta Salad, Pickled Beets, Crackers, Cake, OJ &amp; Milk</p>	<p><b>24</b></p> <p>Pork Chop w/Gravy, Succotash, Au Gratin Potatoes, Strawberries, Corn Bread, Cookie &amp; Milk</p>	<p><b>25</b></p> <p>Baked Turkey Breast w/Gravy, Carrots, Brown Rice, Baked Apples, Roll, Pudding &amp; Milk</p>	<p><b>26</b></p> <p>Chef Salad w/Ham &amp; Cheese, Potato Salad, Pita, Jello, OJ &amp; Milk</p>
<p><b>29</b></p> <p>Spaghetti w/Meat Sauce, California Blend Vegetables, Breadstick, Fruit, Pudding &amp; Milk</p>	<p><b>30</b></p> <p>Tuna Salad, Macaroni Salad, Three Bean Salad, Crackers, Cookies, OJ &amp; Milk</p>			