

Currituck County Senior Center's

January 2024



Happy New Year!



The Currituck Senior Centers will be CLOSED:

January 1, 2024 - New Years Day!

Monday, January 15, 2024 - Martin Luther King Jr. Day!

Senior Games...

Senior Games applications will be available at the Currituck Senior Center starting in January.

*If you are a past senior games participant you will receive an application via mail/email.

Free AARP Tax Prep...

Tax prep will start in February. We are not currently taking appointments. Information regarding appointments, qualifications, etc. will be provided in the February newsletter.

Thank you for your patience!

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

Friday, March 8, 2024 - "Madama Butterfly" at Harrison Opera House in Norfolk! *Bound by tradition and honor, a young Japanese maiden is left to face an unspeakable aftermath when abandoned by a reckless American Naval officer.* Cost: \$34.21 per person (tax included.) We will leave the center at 6pm. **Deadline to signup/pay: January 12th!**

Trip to the Myrtle Beach, SC

April 22 – April 24, 2024

Your 3 day/2-night package includes: 2 nights Ocean view hotel accommodations, 2 breakfasts at hotel and 2 dinners at restaurants in Myrtle Beach! Ticket to **"The Carolina Opry"** show – 2 hours of high energy entertainment that blends humor and dancing with everything from Rock 'n Roll, Broadway, country, pop, and gospel! Ticket to the **"One"** show at the Alabama Theater – the show combines extraordinary talent, iconic production numbers, sizzling visual elements and extravagant costumes with hit songs from many exciting musical genres. Visit **Historic Georgetown** – home to 5 museums and more than 250 historic houses. Stroll the **Harborwalk** that features delightful shops and restaurants. Explore **Broadway at the Beach** – features opportunities to walk along the beach, unique shops, dining, and award-winning restaurants. Cost: \$499 per person based off double occupancy. Optional travel protection is \$51. Single rates are available upon request. **A \$100 deposit per person is due by: January 22nd!**

Senior Bell Choir

Update:

The Bell Choir will resume on January 10th at 11am. Latesa will be reaching out to seniors that have expressed interest prior to resume date.

Past performances included CHKD, Central Elementary School, Carolina House, Nursing Home, Christmas Parties...

No musical Talent is required only your willingness to bring smiles every time you play.

Dawn's Words of Wisdom...

"And now we welcome the New Year, full of things that have never been."

-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
 12:30-5 Card Room

Wednesday's

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

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 January...

Tuesday, January 2, 2024 - Celebrate the New Year with **Ice Cream Sundaes** at 12pm! Don't forget to sign up for lunch!

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

Tuesday, January 9, 2024 - Presentation on the **Weatherization Assistance Program** at 11am! Has your heat/ac stopped working and your experiencing a financial strain? If so, this presentation is for you! Jason Barnes from EIC (Economic Approval Council) will be here to explain the benefits of the program, assist with applications and to answer your questions. (Application process is confidential.) **Deadline: January 5th!**

Thursday, January 11, 2024 - We will be heading to **Rivers Casino** in Portsmouth at 10:30am! Cost: money for food and fun!
Deadline: January 8th!

Friday, January 12th & January 19th, 2024 - Two Part Craft Class "**Paper Rose Wreath**" at 1pm, taught by Lorraine Fitchett from Powell's Point! This class is limited. (You must attend Part One, to participate in Part Two.) **Deadline: January 5th!**

Tuesday, January 16, 2024 - Presentation on "**Genealogy**" with Amber from the Moyock Library at 11am! Amber will walk you through the process of how to get started, where to find information, and how to put the pieces together! **Deadline: January 12th!**

Tuesday, January 23, 2024 - Health Presentation "**Dietary Supplements for Older Adults**" with **Amy Underhill** from Albemarle Regional Health at 11am! (Refreshments will be provided) **Deadline: January 18th!**

Wednesday, January 24, 2024 - **Breakfast & Bingo at Beachcombers** (formerly known as Peppercorns) at the beach! We will leave the center at 8am! Cost: \$12.80 (including tax & tip) for the breakfast buffet. **Deadline to sign up & pay: January 10th!**

Monday, January 29, 2024 - **Monday Night Bunco & Dinner** from 2pm-5pm! Cost: \$3 for prizes. **Deadline to sign up & pay: January 25th!**

January Birthday's...

Lester Lewark - 4th

Donna McCormick - 8th

Sue Austin - 14th

Susan Hill - 14th

Gloria Roberts - 18th

Rose Harrison - 19th

Sarah Seymore - 19th



Cooking with Latesa...

Ingredients:

- 3 tbsp garlic, minced
- 2 small onions, chopped
- 2 cups mushrooms, sliced
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 lbs flank steak
- 1 bunch baby spinach leaves
- Provolone, thinly sliced

Directions: Sauté first five ingredients in olive oil for 15-20 minutes. Salt & Pepper flank steak on both sides. Spread mushroom onion mixture on top of flank steak. Top with layer of fresh spinach and layer of provolone. Roll steak into cylinder and secure every inch with long picks. Slice steak roll every inch and brown on both sides in skillet with olive oil. Bake at 350 degrees for 10-15 minutes.

Stuffed Steak Rolls



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

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
(No Bingo 24th & 31st!)

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 & 26th!)

Special For January...

Tuesday, January 2, 2024 - Happy New Year Party at 12:30pm!

Monday, January 8, 2024 - "Elvis" Bingo at Knotts Island! Celebrate Elvis's birthday with Bingo, Fried Banana & Peanut Butter sandwiches with chips, Elvis records and impersonations! Best Elvis impersonation wins a prize! We will leave the center at 10:45am. **Deadline: January 5th!**

Tuesday, January 16, 2024 - "Utensil Wind Chimes" Craft Class (Part One) at 1pm! We will make unique and beautiful sounding wind chimes made of kitchen utensils to hang on your porch or give to a friend! **Deadline: January 8th!**

Thursday, January 18, 2024 - Making Brunswick Stew with Chris & Sheila from Cooperative Extension at 1pm!
Deadline: January 8th!

Monday, January 22, 2024 - BINGOSIZE is back, by popular demand! Registration and first class starts at 1pm! This is a 10 week, 2xs a week (Monday & Wednesday) exercise program with Bingo incorporated. *Class size is limited! Please make every effort to attend all classes.* **Deadline: January 19th!**

Tuesday, January 23, 2024 - "Utensil Wind Chime" Craft Class (Part Two) at 1pm!

Wednesday, January 24, 2024 - Breakfast & Bingo at Beachcombers (formerly known and Peppercorns) at the beach! We will leave the center at 8:30am! Cost: \$12.80 (including tax & tip) for breakfast buffet. **Deadline to sign up and pay: January 10th!**

January Birthday's...

Happy Birthday to all Seniors in Currituck!



Laughing with Lorraine...

Dear New Years Resolution,
Well, it was fun while it lasted.

Sincerely, January 2nd.

-unknown



Knotts Island Senior Center
 126 Brumley Rd
 Knotts Island, NC 27950
 252-429-3231



Special For January...

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

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

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

Fridays- Exercise Ball Drumming at 9:30am! Drumming is a great way to raise your heart rate and happiness level! We'll use exercise balls and drumsticks to drum our way to health & happiness!

Wednesday, January 3, 2024 - Birthday Celebration at 1pm! Celebrate January Birthdays with Hot Apple Cider & Snowflake Cookies!

Friday, January 5, 2024 - Decorate for Winter Fun at 1pm! Snowflakes are our theme for January!

Monday, January 8, 2024 - "Elvis" themed Bingo at 12pm! Powell's Point Seniors will join us to celebrate Elvis's birthday with Bingo, Fried Banana & Peanut Butter sandwiches with chips, Elvis records and impersonations! Best Elvis impersonation wins a prize! **Deadline: January 5th!**

Thursday, January 11, 2024 - Card Making Craft w/Pastor Diana at 1pm! We'll continue our snowflake theme for January making Winter Fun cards!

Wednesday, January 17, 2024 - Chili Cookoff at 1pm! Volunteer Luanne Edmonds and former Volunteer Mr. Ed will go head to head with a Chili Cookoff featuring beef chili and vegetarian chili! Come sample and vote for the best chili on the Island!

Tuesday, January 23, 2024 - Trip to "Mission BBQ and Duck Donuts" in Chesapeake! Mission BBQ serves up brisket, pulled pork, turkey & chicken plus sides of their famous Mac & Cheese! After lunch, we'll walk next door to Duck Donuts to top up with Donuts! **Deadline: January 19th!**

Thursday, January 25, 2024 - Craft Class "Beaded Snowflake Hangings" at 1pm! Sparkly silver pipe cleaners, craft wire and beads of all colors make beautiful and unique snowflake hangings for decorating our homes through the winter months!

January Birthdays...

Becky Deaver - 3rd
Diana Johnson - 13th
Sue Austin - 14th



"You must remember this" with Mari...

*"Let's rock, everybody, let's rock. Everybody in the whole cell block
Was dancin' to the Jailhouse Rock?"
-Jailhouse Rock, Elvis Presley, 1957*

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

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!



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1  CLOSED Happy New Year	2 Baked Ham, Sweet Potato w/ Marshmallows, California Blend Vegetables, Roll, Pears & Milk	3 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Juice & Milk	4 BBQ Chicken, Mac & Cheese, Peas, Cinnamon Apples, Cornbread & Milk	5 Roast Beef & Cheese Sub, Sauteed Zucchini, Fruit, Dessert, & Milk
8 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	9 Baked Pork Chop, Au Gratin Potatoes, Collards, Roll, Fruit Crisp & Milk	10 Meatloaf w/Red Sauce, Lima Beans, Brown Rice, Roll, Pineapple & Milk	11 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Graham Crackers & Milk	12 Chicken Salad, Pasta Salad, Beets, Crackers, Cake, Juice & Milk
15 CLOSED Martin Luther King Jr. Day!	16 Spaghetti w/Meat Sauce, Tossed Salad, Spiced Apples, Garlic Bread, Pudding & Milk	17 Bratwurst Sausage on a bun, Baked Beans, Coleslaw, Brownie & Milk	18 Baked Turkey Breast w/Gravy, Stuffing, Cranberry Sauce, Carrots, Pudding & Milk	19 Beef Stew w/Potatoes, Green Beans, Roll, Cobbler & Milk
22 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Fruit Crisp & Milk	23 Roasted Pork w/Gravy, Potatoes, Succotash, Cornbread, Cookie & Milk	24 Beef Tips w/Gravy, Rice, Sauteed Spinach, Roll, Peach Cobbler & Milk	25 Fish Filet, Broccoli, Au Gratin Potatoes, Roll, Strawberries, Pudding & Milk	26 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
29 Sausage & Peppers, Potatoes, Carrots, Roll, Cobbler & Milk	30 Baked Ham, Sweet Potato w/ Marshmallows, California Blend Vegetables, Roll, Pears & Milk	31 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Juice & Milk		