



Currituck County Senior Center's November 2023



Happy Thanksgiving!



Donations needed...

Elderly Food Basket Program

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 donation in the box located in our lobby by **December 8th!**

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 lotion, Dove body soap & Wrapped candy. Donations will be accepted through **December 8th**.

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

The Senior Centers will be **CLOSED:**

Friday, November 10th for Veterans Day!

Thursday, November 23rd & Friday, November 24th for Thanksgiving!

Holidays are fast approaching!

November kicks off the beginning of the holiday season with a holiday craft series, a cooking class, In-house Christmas movies, Christmas shows/events, annual senior Christmas party and much more! Keep an eye out for all the holiday details and deadlines so you don't miss out!

Corolla...

November 29th - COROLLA SENIORS 55+ will be heading to the Chrysler Museum in Norfolk at 9:00AM. Cost: money for lunch at the museum; deadline to sign up is **November 22nd!** You Must sign up by **calling** the Currituck County Senior Center at 252-232-3505. Additional information on pick up location/time will be provided upon registration.

Dawn's Words of Wisdom...

"All things are difficult before they are easy."

-Thomas Fuller

Medicare Counseling...

Shelia Gregory with the Currituck County Cooperative Extension will at the following locations, By appointment Only!

You must call and Pre-register at desired location.

Time slots are limited!

Barco

Wednesday, November 1st
252-232-3505

Powells Point

Wednesday, November 8th
252-491-8173

Knotts Island

Wednesday, November 29th
252-429-3231

*Remember to bring your Medicare card and pill bottles!

Everyday...

Currituck Senior Center

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

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



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

Special For November...

Friday, November 3, 2023 - Trip to **Cinema Café** in Edinburgh to see *"What's Happening Later,"* Starring Meg Ryan & David Duchovny. Willa & Bill are ex-lovers who will see each other for the first time in years, when they both find themselves snowed in, in transit, in an airport overnight. Cost: ticket & money for lunch at the theatre. Time is TBA.

Tuesday, November 7, 2023 - **Painting Trees on Canvas** w/Amber from the Moyock Library at 10am. **Deadline: November 2rd!**

Wednesday, November 8, 2023 - **Presentation** with **Regional Ombudsman Melissa Hines** at 11am. Receive information on the Ombudsman Program, The Community Advisory Board, Resident Rights & Skilled Nursing Facilities vs. Assisted Living Facilities. A box lunch will be provided. **Deadline: November 3rd!**

Holiday Craft Series at 12:30pm on the following dates:

*Monday, November 13th *"Snowman Ball Ornaments & Mason Jar Ornaments"* **Deadline: November 9th!**

*Monday, November 20th *"Yarn Christmas Trees"* **Deadline: November 16th!**

*Monday, November 27th *"Small Tulle Christmas Wreath"* **Deadline: November 22nd!**

Tuesday, November 14, 2023 - **Presentation "Respecting Choices"** with Kayla White - Aging Program Specialist with the Albemarle Commission at 10:30am. Receive information on how to ensure your healthcare wishes will be carried out, how to complete the necessary documents and choose the right person to make decisions when you can not. Refreshment's will be served. *Kayla will return on November 21st to assist anyone needing help filling out forms from 10:30-1145am. **Deadline: November 9th!**

Friday, November 17, 2023 - **Tour of Smithfield, Virginia!** Long known as the Ham capital of the world and rich in history and bacon! See the *Gwaltney Mansion*, stroll down Main Street to shop and have a quick bite to eat, then board the bus to *Bacon's Castle* in Surry County. Bacon's Castle is the oldest brick dwelling in North America built in 1676. We will tour the house and grounds. This is a walking trip! We will leave the center at 10:30am. (this is a joint trip with Powells Point Seniors) Cost: \$12 ticket plus money for shopping & lunch. **Deadline to pay: November 14th!**

Wednesday, November 22, 2023 - **Cooking Class "Gingerbread Spice Cookies"** at 2pm! Class is limited! **Deadline: November 20th!**

***Friday, December 1, 2023** - **A Country Christmas Dinner Theatre** at the **Only Place** at 4:30pm! Enjoy Dinner and a Show featuring "The Hallelujah Crew!" Cost: \$30 ticket (including dinner.) **Deadline to sign up and pay: November 20th!**

November Birthday's...

Janet Fairley - 1st
Judy Cahoon - 4th
Joseph Varga - 8th
Patricia Gouldman - 13th
Doris Dockery - 18th
Ed Robb - 21st
Rose Odom - 22nd
Nathan Capps - 23rd
Ervin Johnson - 24th



Cooking with Latesa...

Ingredients:

- 2 -8.5 oz Jiffy Corn Bread Mix
- 1 -29oz Canned Sweet Potatoes (Drained & Smashed)
- 1/2 Cup Butter (melted)
- 1/2 cup Whole Milk
- 2 -Eggs
- 1/3 cup sugar

Directions: Preheat oven to 350 degrees. Grease a 9x13 baking pan. Drain Sweet Potatoes & place in mixing bowl, smash until smooth. Add milk, eggs, sugar & melted butter, & mix. Add in Jiffy cornbread mix. (Can sift into bowl, to remove any lumps.) Mix until just combined, do not overmix. Pour into baking pan & bake for 45-55 mins. or until a toothpick comes out clean. Remove from oven & let cool. Cut into squares & top with butter & honey. (optional)

www.abiggreenhouse.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 Bingocize
(Must be pre-registered!)

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 11/8!)

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
(only on 11/3!)

Special For November...

Friday, November 3, 2023 - The sorority ladies from **Alpha Cappa Alpha** will be here to call **BINGO** at 1pm! Make sure to bring in a prize! Must sign up for this "special" Bingo!

Monday, November 6, 2023 - Craft Class "**Resin Jewelry**" taught by Olga Moseley at 1pm! This class is limited!
Deadline: November 2nd!

Tuesday, November 7, 2023 - **Birthday Celebration** at 12:30pm! Something Sweet and Pumpkin Spicey!

Monday, November 13, 2023 - Presentation on "**Pruning Ornamental Trees & Shrubs**" w/Chris from Cooperative Extension at 1pm! Learn what should be trimmed and what time of year to trim! **Deadline: November 8th!**

Friday, November 17, 2023 - **Tour of Smithfield, Virginia!** Long known as the Ham capital of the world and rich in history and bacon! See the **Gwaltney Mansion**, stroll down Main Street to shop and have a quick bite to eat, then board the bus to **Bacon's Castle** in Surry County. Bacon's Castle is the oldest brick dwelling in North America built in 1676. We will tour the house and grounds. This is a walking trip! We will leave the center at 10am. *(this is a joint trip with Currituck Senior Center)* Cost: \$12 ticket plus money for shopping & lunch. **Deadline to pay: November 14th!**

Tuesday, November 21, 2023 - Making **Christmas Dog Biscuits** at 1pm! We will be making all natural dog biscuits for our furry friends at the Currituck Animal Shelter! **Deadline: November 17th!**

November Birthday's...

Happy Birthday to all Seniors in Currituck County!



Laughing with Lorraine...

"What did the Turkey say to his Real Estate Agent?"

"I want Turn-Key only!"

-Unknown

Knotts Island Senior Center

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



Everyday...

Monday's

9 Walk in the Park
10-3 Puzzles/Games

Tuesday's

9 Walk in the Park
10-3 Puzzles/Games

Wednesday's

9 Walk in the Park
10-3 Puzzles/Games

Thursday's

9 Walk in the Park
10-3 Puzzles/Games

Friday's

9 Walk in the Park
10-3 Puzzles/Games

Special For November...

Wednesday, November 1, 2023 - Decorate for Thanksgiving at 1pm! Lets turn our turkeys loose in the center and fill up those cornucopias to welcome Thanksgiving! Don't forget to sign up for lunch!

Monday, November 6, 2023 - Learn to make No-Bake Pumpkin Mousse at 1pm! This incredibly easy, no-bake Pumpkin Mousse recipe is made with 9 simple pantry ingredients and ready—from prep to finish—in 10 minutes or less!

Deadline: November 2nd!

Wednesday, November 8, 2023 - Field Trip to *Pass the Salt Café & Read'em & Weep Bookstore* at 10am! "*Read'em & Weep*" is Currituck's newest independent bookshop and owner Venetia Huffman offers a large inventory of used books for all readers! We'll browse the shelves then head to Pass the Salt Café for lunch! **Deadline: November 6th!**

Thursday, November 16, 2023 - Card Making Craft with Pastor Diana at 1pm! Let's make Thanksgiving treat boxes and cards! Don't forget to sign up for lunch!

Monday, November 20, 2023 - Birthday Celebration at 1pm! Celebrate Novembers Birthdays with Pumpkin Mousse, hot cider & hot cocoa!

Wednesday, November 22, 2023 - Thanksgiving Brunch at 10am! A public event to celebrate Thanksgiving and share with the community. Traditional Desserts, finger foods and drinks will be provided. **Deadline: November 17th!**

Monday, November 27, 2023 - Oven-fired pottery with Jenny Baart at 1pm! Island Potter Jenny Baart will guide us in making oven-fired ceramic creations in time for Christmas! Trees, Ornaments & More! **Deadline: November 21st!**

November Birthdays...

Margaret Flanagan - 16th
Chichi Louie - 19th
Kathy White - 21st
Cindi Watts - 26th
Diana Taff - 30th



"You must remember this" with Mari...

"Oh, when times get rough, and friends just cant be found, Like a bridge over troubled water, I will lay me down."

-Billboard's Top Song of 1970, by Simon & Garfunkel.

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!

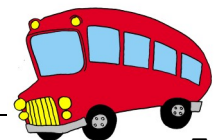
Thank you
Senior Services Staff

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!





November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Tips w/Gravy over Rice, Sauteed Spinach, Roll, Peach Cobbler & Milk	2 Seasoned Fish Fillet, Au Gratin Potatoes, Broccoli, Fruit, Pudding & Milk	3 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
6 Sausage & Peppers, Roasted Potatoes, Carrots, Roll, Peach Cobbler & Milk	7 Baked Ham, Sweet Potato w/ Marshmallows, California Blend Vegetables, Roll, Pears & Milk	8 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Juice & Milk	9 BBQ Chicken, Mac & Cheese, Peas, Cinnamon Apples, Cornbread & Milk	10 CLOSED Veterans Day!
13 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	14 Baked Pork Chop, Au Gratin Potatoes, Collards, Roll, Fruit Crisp & Milk	15 Meatloaf w/Red Sauce, Lima Beans, Brown Rice, Roll, Pineapple & Milk	16 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Graham Crackers & Milk	17 Chicken Salad, Pasta Salad, Beets, Crackers, Cake, Juice & Milk
20 Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	21 Spaghetti w/Meat Sauce, Tossed Salad, Spiced Apples, Garlic Bread, Pudding & Milk	22 Bratwurst Sausage on a bun, Baked Beans, Coleslaw, Brownie & Milk	23 CLOSED	24 CLOSED
27 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple Chunks, Roll, Apple Crisp & Milk	28 Pork Roast w/Gravy, Stewed Potatoes, Succotash, Cornbread, Fruit, Cookie &	29 Beef Tips w/Gravy over Rice, Sauteed Spinach, Roll, Peach Cobbler & Milk	30 Seasoned Fish Fillet, Au Gratin Potatoes, Broccoli, Fruit, Pudding & Milk	

Happy Thanksgiving!