

Currituck County Senior Center's

November 2022



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 9th!**

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 5th**.

Ready...set...go..

The Currituck Senior Center's will be **CLOSED** on **Friday, November 11th** for Veterans Day!
Thursday, November 24th & Friday, November 25th for Thanksgiving!

Friday, November 18, 2022 - Currituck County Senior Services will be holding a **reception to honor 30 years** of providing services, programs and nutrition to our seniors! Please stop by the Currituck County Senior Center located at 130 Community Way, Barco to say hello or to take a trip down memory lane. Light refreshments will be served 11am-1pm. This event is open to the public regardless of age.

Upcoming Highlights for December:

- 2023 PML travel trip news
- Annual Senior Christmas Party
- Corolla Christmas Village
- Christmas Movie Marathon

Corolla update...

We are happy to announce that there is enough interest in reestablishing Yoga in Corolla that we can move forward! We will be reaching out to all our seniors that have signed up on our **"interest list"** in the upcoming weeks. We ask for your patience as this is not an overnight process... logistics, an instructor, and other details are in the process of being worked out. **Anyone who has not signed up on our "interest list" may still do so by contacting the senior center at 252-232-3505.** You must be 55+ and be a Corolla resident at least 1/2 of the year. Please do not contact the Corolla Library as this is not a library program.

Dawn's Words of Wisdom...

"No one has ever become poor by giving."

-Anne Frank

HELP NEEDED...

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

Everyday...

Monday's

8-5 Billiards
8-5 Table Tennis
9- 11 Pickleball
10-12 Beginners Crocheting
(must be registered)
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



Currituck Senior Center

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

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



Special For November...

Wednesday, November 2, 2022 - Birthday Celebration at 12:30pm!

Friday, November 4, 2022 - In-house movie at 12pm! **"Top Gun: Maverick"** (2022) Starring Tom Cruise, Jennifer Connelly & Miles Teller. After 30 years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghost of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Popcorn will be served. (Don't forget to sign up for lunch!)

Monday November 7, 2022 - Monday, November 28, 2022 - 4 week **"Beginner's Crochet Class"** from 10am-12pm, taught by Beverly Johnson. All supplies will be provided. **class size is limited and will be for Beginners ONLY!*

Tuesday, November 8, 2022 - Tuesday, November 29, 2022 - Holiday Craft Series at 12:30pm!

- **November 8th - Christmas Door Hanger, Deadline: November 4th**
- **November 15th - Mason Jar lid Ornament, Deadline: November 10th!**
- **November 29th - Christmas Hat Table Centerpiece, Deadline: November 23rd!**

Thursday, November 10, 2022 - Butterbean Auction at 11am! Bid on your favorite items with butter beans! Powell's Point Seniors will be joining us!

Friday, November 18, 2022 - Currituck County Senior Services will be holding a **reception to honor 30 years** of providing services, programs and nutrition to our seniors! Please stop in to say hello or to take a trip down memory lane. Light refreshments will be served 11am-1pm. This event is open to the public regardless of age.

Tuesday, November 22, 2022 - Nutrition Presentation "Healthy Eating" w/Amy Underhill at 11am. **FREE boxed lunch for those who register by: November 17th!*

Wednesday, November 23, 2022 - Pumpkin Pie served with lunch at 12:30pm! (Don't forget to sign up for lunch!)

Wednesday, November 30, 2022 - Holiday shopping trip to Kohls & At Home, and lunch at Applebee's at 10:30AM!

November Birthday's...

Janet Fairley - 1st
Judy Cohoon - 4th
Nathan Capps - 23rd
Ervin Johnson - 24th



Cooking with Latesa...

Ingredients:

- 1 Tbs crushed red pepper
- 1 Tbs cracked black pepper
- 1 Tbs dried oregano
- 1 Tbs dried basil
- 1 1/2 Tsp garlic powder
- 1 1/2 Tsp onion powder
- 1/2 Tsp dried rosemary
- 1 1/2 tsp coarse sea salt
- 3 cloves crushed/minced garlic
- extra virgin olive oil

Copycat Carrabba's Bread Dipping Oil

Directions: Combine the crushed red pepper, black pepper, oregano, basil, parsley, garlic powder, onion powder, rosemary, sea salt & minced garlic. Mix well. If serving immediately, place the spice mixture in a shallow plate. Drizzle the desired amount of olive oil over & serve. Wait to combine olive oil and dry spices until right before serving.



www.savoryexperiments.com



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
"Dark Roast")
10-12 Dominoes
1 Bingocize

Tuesday's

9:30-11 Book Corner
11 Exercise Ball
1-3 Checkers & Games

Wednesday's

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

Thursday's

11- Exercise Ball
Drumming (Level I)
(No drumming 10th!)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

10-12 Dominoes
1 BINGO
(No bingo 11th, 18th &
25th)

Special For November...

Every Monday & Wednesday - Bingocize "Fall Prevention" at 1pm! Must have pre-registered to participate!

Friday, November 4, 2022 - Trip to Norfolk Premium Outlets at 10:30am. Cost: money for lunch. **Deadline: November 3rd!**

Tuesday, November 8, 2022 - Birthday Celebration at 1pm!

Thursday, November 10, 2022 - Butterbean Auction at the Barco center! We will leave the center at 10:15am.

Tuesday, November 15, 2022 - Craft Class "Crystal Glam Jars" at 1pm! Put a little *bling* in your holiday décor with these sparkly jars! **Deadline: November 10th!**

Friday, November 18, 2022 - Currituck County Senior Services will be holding a **reception to honor 30 years** of providing services, programs and nutrition to our seniors! Please stop in to say hello or to take a trip down memory lane. Light refreshments will be served 11am-1pm. This event is open to the public regardless of age. We will leave the center at 10:30 and have lunch with Barco friends! **Deadline: November 16TH!**

Monday, November 21, 2022 - Diabetes Presentation w/Amy Underhill at 11am! (rescheduled from 10/17) ***FREE boxed lunch** will be provided to those who register by: **November 17th!**

Tuesday, November 22, 2022 - Holiday Social with Knotts Island! Celebrate Thanksgiving with the Knotts Island seniors! A catered lunch will be provided. We will leave the center at 10:45am. **Deadline: November 14th!**

Tuesday, November 29, 2022 - Christmas Bingo at 1pm! Bring a wrapped inexpensive new or gently used holiday item or decoration to play!

November Birthday's...

Ester Wolfe - 10
Audrey Davenport - 13



Laughing with Lorraine...

"Why can't you bring a Turkey to Church? Because they use FOWL language!"

-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 November...

Thursday, November 3, 2022 - Birthday Celebration at 1pm!

Monday, November 7, 2022 - Knotts Island Scrapbook Online at 1pm. Volunteer Shaun Kane will focus on our Knotts Island churches and families, like the Ansell's, Wicker's and Waterfield's.

Tuesday, November 8, 2022 - Closed for General Election (polling site)

Thursday, November 10, 2022 - Craft Class "Creative Button Trees" at 1pm. Decorate a fall tree, or a Christmas Tree, or a Rainbow Tree. Draw your tree and add buttons to craft a design for your home!

Tuesday, November 15, 2022 - Field Trip to the Chrysler Museum & Brunch at Applebee's! Enjoy a free glass-making demo! We will leave the center at 9:30am. Cost is money for Brunch!

Thursday, November 17, 2022 - Decorate for Thanksgiving at 1pm! Lets round up some turkeys, fill up cornucopias, and drink some hot apple cider while we fill the center with *Thanksgiving!*

Friday, November 18, 2022 - Currituck County Senior Services will be holding a reception to honor 30 years of providing services, programs and nutrition to our seniors! Please stop in to say hello or to take a trip down memory lane. Light refreshments will be served 11am-1pm. This event is open to the public regardless of age. We will leave the center at 10am and have lunch with our Barco friends. **Deadline: November 16th!**

Tuesday, November 22, 2022 - Holiday Social with Powell's Point at 12pm! We will celebrate Thanksgiving with the Powell's Point Seniors! A catered lunch will be provided along with door prizes! **Deadline: November 14th!**

Wednesday, November 30, 2022 - Game Day at 1pm! Bingo, card games, board games, mahjong and more!

November Birthdays

Margaret Flannagan - 16th

Kathy White - 21st

Cindi Watts - 26th

Diana Taff - 30th



"You must remember this" with Mari...

"The house was very quiet, and the fog - we are in November now
- pressed against the windows like an excluded ghost."

-E.M. Foster, Howards End

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 - 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!

