

Currituck County Senior Center's March 2024



Happy St. Patrick's Day! Sunday, March 17th!

Happy Easter! Sunday, March 31st!



Tuesday, March 5th Knotts Island Senior Center **CLOSED** for Voting!

Friday, March 29th **CLOSED** for Good Friday!

Senior Games...

Albemarle 40th Annual Senior Games

March Lineup...

March 18th - Albemarle Lanes

Bowling - Singles

March 19th - Albemarle Lanes

Bowling - Doubles

March 20th- Albemarle Lanes

Bowling - Mixed Doubles

March 22nd- E. City Senior Center

Billiards

March 26th- Gates Co. Senior Center

Shuffleboard

Horseshoes

March 27th- Gates Co. Senior Center

Cornhole—Singles

March 28th- Gates Co. Senior Center

Cornhole—Doubles/Mixed Doubles

Did You Know...

What is "March for Meals?"

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For more than 45 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, you can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.

Dawn's Words of Wisdom...

"A man is not finished when he is defeated, he's finished when he quits."

~Richard M. Nixon

Community Highlight...

MOYOCK LIBRARY BOOK CLUB

SATURDAY, MARCH 16TH, 2024
10:00 AM

For the first time, Prince Harry tells his own story, chronicling his journey with raw, unflinching honesty. A landmark publication, Spare is full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief.



ADULTS 18+ WELCOME. OUR BOOK CLUB MEETS MONTHLY.
CALL (252) 435-6419 OR ASK A LIBRARIAN FOR MORE INFO.

74th NC Statewide Day of Service

Friday, March 1st

11am-7pm

252-969-0606

NC lawyers will be available to take calls from the public. This free service allows people to call in and get their basic legal questions answered.

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
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

Friday's

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

Special for March...

Monday, March 4, 2024 - In House Movie **"The Island"** (2005 PG-13) Staring Ewan McGregor and Scarlett Johansson at 12pm! Set in a dystopian future, a group of people work in a facility. A regular lottery is held and one of them gets to leave the facility and its restrictions and move to The Island, a paradise. Lincoln Six Echo is one of the workers in the facility and he is infatuated with Jordan Two Delta. His life is fairly uneventful and mundane until Jordan Two Delta gets selected to go to The Island. Then Lincoln starts to discover the truth about the facility and The Island.

Wednesday, March 6, 2024 - **Birthday Celebration** at 12:30pm!

Thursday, March 7, 2024 - **"Sourdough Bread Demo"** given by Sheila Gregory at Cooperative Extension at 1pm!

Deadline: March 1st!

Tuesday, March 12, 2024 - **Butterbean Auction** at 11am!

Friday, March 15, 2024 - **St. Patrick's Day Goodies** following lunch!

Tuesday, March 19, 2024 - **Spring Flower Mason Jar Craft** with Amber from the Moyock Library at 10am!

Deadline: March 14th!

Wednesday, March 20, 2024 - **"Dementia Friends"** workshop with Ashley Lamb from Albemarle Commission at 10:30am! You become a Dementia Friend by attending a one hour informational session to learn about this worldwide movement, about living with dementia and the simple things you can do to support someone living with the disease. A free boxed lunch will be provided to those who register before the deadline. **Deadline: March 14th!**

Friday, March 22, 2024 - **Round Table Discussion** with the Director at 12:30pm! Topic: *Presentations and Classes*

Monday, March 25, 2024 - Shopping trip to the **Norfolk Outlets** at 10:30am! Cost: Money for lunch at the outlets!

**Trip to Madama Butterfly is Friday, March 8th. This was a pre-registered trip paid by registered participants in January. Trip is full!*

March Birthday's...

Pat Klinger - 1st	Loren Tschohl - 19th
Sherrie Payne - 7th	John Hicks - 22nd
Barbara Croom - 11th	Mary Urania - 22nd
Carol Bertrand - 13th	Betty Romano - 25th
Mark Hatfield - 13th	Vicki Wilson - 28th
Ernestine Bunch - 19th	Donna Forcht - 30th
Joseph Demnicki - 19th	



Cooking with Latesa...

Ingredients:

- 2 Hass avocados
- Juice of 1/2 lemon
- 1/2 cup walnuts or pine nuts
- 4 garlic cloves

Directions: Slice avocados in half and remove the pits. Scoop the flesh of the avocados into a food processor. Add nuts, olive oil, garlic, salt, pepper and lemon juice. Blend until nuts are crushed and no longer lumpy. Add basil, parmesan cheese and additional salt and pepper to taste and blend until thick, smooth and creamy.

Avocado Pesto

- 1/2 cup olive oil
- 2 cups fresh basil
- 1/3 cup fresh grated parmesan
- Salt and pepper to taste

www.pbfingers.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

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 Bingsize

Thursday's

8-10 Coffee & Chat
11- Exercise Ball
Drumming (Level I)
(No Drumming 7th!)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

8-10 Coffee & Chat
9-12 Dominoes
1 Bingo
(No Bingo 8th, 22nd & 29th!)

Special For March...

Friday, March 1, 2024 - Let's Celebrate Dr. Suess's birthday with **Cupcakes & Dr. Suess Bingo** at 12:30pm!

Deadline: February 27th!

Thursday, March 7, 2024 - "Sourdough Bread Demo" given by Sheila Gregory at Cooperative Extension at 1pm! We will leave the center at 11:30am for lunch at the Barco center! **Deadline: March 1st!**

Friday, March 8, 2024 - Trip to **Cinema Café** to see "Outlaw Posse!" Set in the still-untamed Wild West of 1908, Outlaw Posse focuses on cowboy Chief who assembles a posse of misfits and outcasts to reclaim a hoard of stolen gold. Along the way, they run afoul of vengeful lawman Angel and ally themselves with fearless mail carrier Stagecoach Mary. Starring Mario Van Peebles, William Mapother and Whoopie Goldberg. Time is TBA. Cost: money for ticket and lunch at the theatre.

Tuesday, March 12, 2024 - **Butterbean Auction at Barco center!** Bid on your favorite items with butterbeans! We will leave the center at 10:30am. **Deadline: March 8th!** (Don't forget to sign up for lunch or bring your own!)

Tuesday, March 19th & 26th, 2024 - Two Part "Pinecone Flower" **Craft Class** at 1pm! Using Pinecones on a picture frame! (You must bring an 8x10 Picture frame with glass insert.) **Deadline: March 15th!**

Friday, March 22, 2024 - Shopping trip to **Greenbrier Mall** at 10:30am! Cost: money for shopping and lunch at the mall. **Deadline: March 20th!**

Thursday March 28, 2024 - In house movie "A League of their Own" at 12:30pm! A League of Their Own is a 1992 American sports comedy drama film directed by Penny Marshall that tells a fictionalized account of the real-life All-American Girls Professional Baseball League. Starring Tom Hanks, Geena Davis, Madonna, Lori Petty, Rosie O'Donnell, Jon Lovitz, David Strathairn, Garry Marshall, and Bill Pullman.

March Birthday's...

Happy Birthday to all seniors in Currituck!



Laughing with Lorraine...

"I've got "March Madness," it followed "February fits" and comes right before my "April agitation."

~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 March...

Friday, March 1, 2024 - Decorate for St. Patty's Day at 1pm! Be a leprechaun, wear green & decorate the center for St. Patrick's Day!

Monday, March 4, 2024 - Make Sourdough Bread Starter with Nicole Herman at 1pm! Nicole will also give a demo on how to use your starter to make pizza dough and more. **Deadline: March 1st!**

Thursday, March 7, 2024 - Card-making with Pastor Diana at 1pm! St. Patty's Day cards & Easter cards to keep or mail to friends and family!

Tuesday, March 12, 2024 - Birthday Celebration at 1pm!

Friday, March 15, 2024 - In House Movie "Finian's Rainbow" at 10am. Leprechauns, pots of gold, and rainbows are all found in this delightful Fred Astaire film from 1968.

Monday, March 18, 2024 - Trip to "Murphy's Irish Pub" at 10:30am! Family owned and run since 2003, Murphy's Irish Pub brings traditional Irish food and entertainment to the beach community! **Deadline: March 15th!**

Thursday, March 21, 2024 - Decorate for Easter at 1pm! Celebrate Spring and the arrival of Easter with bunnies, colored eggs and chocolate!

Monday, March 25, 2024 - Trip to "Denny's and Hobby Lobby" at 10:30am! Brunch at Denny's, then crafts and home decor and more await us at Hobby Lobby! **Deadline: March 22nd!**

March Birthdays...

Bonnie Williams - 4th
Sondra Van Syoc - 12th
James Waterfield - 13th



"You must remember this" with Mari...

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade."

-Charles Dickens, Great Expectations

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!





March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roast Beef & Cheese Sub, Sauteed Zucchini, Fruit, Dessert, & Milk
4 Beef Stroganoff, Green Beans, Applesauce, Cornbread, Pudding & Milk	5 Baked Pork Chop, Au Gratin Potatoes, Collards, Roll, Fruit Crisp & Milk <i>Knotts Island CLOSED</i>	6 Meatloaf w/Red Sauce, Lima Beans, Brown Rice, Roll, Pineapple & Milk	7 BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Graham Crackers & Milk	8 Chicken Salad, Pasta Salad, Beets, Crackers, Cake, Juice & Milk
11 Oven Fried Chicken, Baked Potato, Peas, Roll, Fruit & Milk	12 Spaghetti w/Meat Sauce, Tossed Salad, Spiced Apples, Garlic Bread, Pudding & Milk	13 Bratwurst Sausage on a bun, Baked Beans, Coleslaw, Brownie & Milk	14 Baked Turkey Breast w/Gravy, Stuffing, Cranberry Sauce, Carrots, Pudding & Milk	15 Beef Stew w/Potatoes, Green Beans, Roll, Cobbler & Milk <i>St. Patty's Day!</i> <i>Sunday, March 17th!</i>
18 Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Roll, Fruit Crisp & Milk	19 Roasted Pork w/Gravy, Potatoes, Succotash, Cornbread, Cookie & Milk	20 Beef Tips w/Gravy, Rice, Sauteed Spinach, Roll, Peach Cobbler & Milk	21 Fish Filet, Broccoli, Au Gratin Potatoes, Roll, Strawberries, Pudding & Milk	22 Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
25 Sausage & Peppers, Potatoes, Carrots, Roll, Cobbler & Milk	26 Baked Ham, Sweet Potato w/ Marshmallows, California Blend Vegetables, Roll, Pears & Milk	27 Chili, Pimento Cheese Sandwich, Broccoli, Jello, Juice & Milk	28 BBQ Chicken, Mac & Cheese, Peas, Cinnamon Apples, Cornbread & Milk	29 <i>CLOSED</i> Good Friday <i>Happy Easter!</i>