

Currituck County Senior Center's

November 2021



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 10th!**

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** in partnership with the Albemarle Commission Area Agency on Aging. Donations of 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 6th.***

Ready...set...go..

We will be closed...

Thursday, November 11th for Veterans Day

Thursday, November 25th and Friday, November 26th for Thanksgiving

Red Bag Project

The Red Bag is a easy convenient way for you to take your prescriptions bottles to doctors visits, clinics, emergency department or hospital. It allows medical personal to get complete and accurate information on the medicines you take. Please call 252-232-3505 to reserve your bag today. (Limited quantities)

November is...

National Diabetes Awareness Month! World Diabetes Day (WDD) is celebrated globally on **November 14** to raise awareness about both Type 1 and Type 2 diabetes.

More than one in five of the people in the United States who has diabetes doesn't even know they have it? According to the American Diabetes Association (ADA), that's 7.3 million people — out of a total 34.2 million — who aren't aware they're living with the disease and all the health risks that poorly managed blood sugar can pose.

For resources visit: www.diabetes.org

Dawn's Words of Wisdom...

"Be Gracious, Be Encouraging, Be Kind...but most of all, Be THANKFUL."

-Unknown



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



Currituck Senior Center

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

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



DAY TRIPS HAVE RESUMED at all locations!
*Note - Per NC State mandate - ALL Passengers **MUST WEAR A MASK** while on public transportation.

Everyday...

Monday's

8-5 Billiards
8-5 Table Tennis
9- 11 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
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

Special For November...

Monday's in November - "Holiday Craft Class Series" at 12:30pm! Individual sign up sheets are on table!

- Monday, November 1st - *Christmas Bulbs*. **Deadline: 10/29**
- Monday, November 8th - *Napkin Transfer Candles*. **Deadline: 11/3**
- Monday, November 15th - *Wood Transfer Photo Ornament*. **Deadline: 11/10**
- Monday, November 22nd - *Mystery Craft!* **Deadline: 11/18**

Wednesday, November 3, 2021 - Birthday Celebration at 12:30pm

Thursday, November 4, 2021 - Shopping trip to Lynnhaven Mall at 10:00am. Cost: money for lunch at the mall.

Friday, November 12, 2021 - Trip to Cinema Café to see "Spencer." During the Christmas Holiday with her Royal family at the Sandringham Estate in Norfolk, England, Princess Diana decides to leave her marriage to husband Prince Charles. Cost: ticket and money for lunch. Time TBA. **Must sign up by November 9th!**

Wednesday, November 17, 2021 - Norfolk Admirals Hockey game at 6PM! The Norfolk Admirals are a professional ice hockey team in the ECHL that began play in the 2015-16 season. Based in Norfolk, Virginia, the team plays its home games at the Norfolk Scope. The Admirals replaced the American Hockey League team of the same name, which played from 2000 until 2015, after which they moved to San Diego, California, and became the current incarnation of the San Diego Gulls. Cost: \$21.00 ticket. **Must sign up and pay by November 15th!**

Wednesday, November 24, 2021 - Pumpkin Pie will be served at 12:30pm, following lunch!

Monday, November 29, 2021 - Monday Night Bunco & Dinner 2-5PM. Bunco is a dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Dinner will be Meatloaf, Mac & Cheese, Veg, Roll, and Dessert. Cost: \$3.00 for prizes. **Must sign up and pay by November 24th!**

***Friday, December 3, 2021 - "A Country Christmas Dinner Theatre"** at the **Onley Place** at 4:30PM! Enjoy Dinner and a show featuring the "The Hallelujah Crew." Cost: \$25.00 ticket (including dinner) **Must sign up and pay by November 22nd!**

November Birthday's...

Janet Fairley - 1
Judy Cahoon - 4
Barbara Rodgers - 5
June Webb - 6
Doris Dockery - 18
Rose Odom - 22



Nathan Capps - 23
Cynthia Watts - 26
Pat McGarrigle - 27

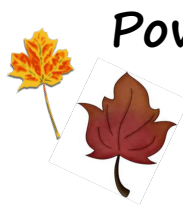
Cooking with Latesa...

Ingredients:

- 1 graham cracker crust
- 14oz sweetened condensed milk
- 3 bananas, sliced
- 1 1/2 cups heavy cream
- 2 Tbs sugar
- 1 Tsp vanilla

Banoffee Pie

Directions: Pour can of sweetened condensed milk into a small casserole dish and cover with foil. Place in a larger pan and fill to 3/4" with water. (Fill water as needed while baking.) Bake at 425 degrees for 60-90 minutes or until milk has reached a golden brown color. Cool completely. Place sliced bananas in bottom of pie crust. Pour cooled condensed milk over top. In large bowl, whip cream, sugar and vanilla until stiff peaks form. Top pie and refrigerate 2-3 hrs.



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



DAY TRIPS HAVE RESUMED at all locations!

*Note - Per NC State mandate - **ALL** Passengers **MUST WEAR A MASK** while on public transportation.

Everyday...

Monday's

9:30 Coffee & Chat
(flavor of the month -
"Pumpkin Spice")
1-3 Dominos
***NO BINGO!**

Tuesday's

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

Wednesday's

10-12 Dominoes
1-3 Bingo
(No Bingo 11/10)

Thursday's

10-10:30 Exercise Ball
Drumming
*(No Drumming 11th, 18th
& 25th)*
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

10-12 Dominoes
1-3 Mystery Bingo
(No Bingo 5th & 26th)

Special For November...

Tuesday, November 2, 2021 - Birthday Celebration at 1:00pm.

Tuesday, November 2, 2021 - "Holiday Napkin Folding" at 1:00pm! Impress family and friends at your holiday table by learning 5 fancy and unusual napkin folding techniques! **Must sign up by November 1st!**

Tuesday, November 9, 2021 - Craft Class - "Oyster Shell" ring dishes at 1:00pm! We will craft beautiful jewelry dishes out of oyster shell! **Must sign up by November 8th!**

Wednesday, November 10, 2021 - Presentation given by Sheila & Chris from Cooperative Extension, "Learning about Houseplants," at 1:00pm. Must sign up by November 5th!

Monday, November 15, 2021 - Shopping trip to Greenbrier Mall at 10:30am! Cost: money for lunch at the mall! **Must sign up by November 13th!**

Tuesday, November 16, 2021 - "Sea Glass Jewelry" at 1:00pm! Sign up to make a Ring OR Necklace and pick your wire color. Silver, Rose Gold or Gold. (*You must select wire color and Ring or Necklace when signing up!) **Must sign up by November 8th!**

Thursday, November 18, 2021 - In house movie with Popcorn- "The Blind Side" at 1:00pm! Based on the true story of a homeless boy, Michael Oher, who grows up to be a standout NFL player. Starring Sandra Bullock and Tim McGraw.

Tuesday, November 23, 2021 - "Family Recipe Swap" at 1:00pm! Bring in 3 of your favorite family recipes and we will make copies and share them with others to take home and try out! It can be anything from Special Holiday Cookies to a Chicken dish!

Monday, November 29, 2021 - Decorate the Christmas Tree at 1:00pm! Get into the Holiday spirit with festive music, eggnog and treats!

Tuesday, November 30, 2021 - In house movie with Popcorn & Soda - "We are Marshall" at 1:00pm! When a plane crash claims the lives of members of the Marshall University Football team and some of its fans, the team's new coach and his surviving players try to keep the football team alive. Based on the true story of the 1970 Marshall University Foot team. Starring Mathew McConaughey.

November Birthday's...

Audrey Davenport - 13



Laughing with Lorraine...

"I come from a family where gravy is considered a beverage."

-Erma Bombeck



Knotts Island Senior Center

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

Hours of operation: Mon.-Fri. 9:00AM-3:30PM



DAY TRIPS HAVE RESUMED at all locations!

*Note - Per NC State mandate - ALL Passengers **MUST WEAR A MASK** while on public transportation.

Everyday...

Monday's

9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga

Tuesday's

9-3 Puzzles/Games
9:30 Walking Group
10-11 Yoga for Arthritis

Wednesday's

9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga
1-3 Bib Project

Thursday's

9-3 Puzzles/Games
9:30 Walking Group
10-11 - Yoga for Arthritis

Friday's

9-3 Puzzles/Games
9:30 Walking Group
10-11 Chi Yoga

Special For November...

Wednesday, November 3, 2021 - Birthday Celebration at 12:30pm!

Friday, November 5th, 2021 - Decorate for Thanksgiving at 12:30pm! Turkeys, Cornucopias, scarecrows and more will decorate and brighten the center!

Monday, November 8, 2021 - Island Dabblers Paint Party from 1:00-3:00pm! Lets be Bob Ross for the day and paint a happy little fall scene with happy fall trees in happy fall color.

Tuesday, November 9, 2021 - Wellness & Weight Loss Group from 1:00-3:00pm. Week Five of *Keep Sharp* focuses on starting a gratitude journal, adding to our exercise routine and learning about real versus processed foods.

Tuesday, November 16, 2021 - Jewelry Clinic at 12:30pm! *Have a piece of jewelry that needs fixing?* We'll have all the tools available to fix your piece. Nothing to fix? Learn how to make a beautiful beaded bracelet! **Must sign up by: November 12th!**

Thursday, November 18, 2021 - Field Trip! We'll travel to Elizabeth City to visit the **Museum of the Albemarle**, which is currently showing exhibits of interest: *Our Story, Life in the Albemarle Sound, the North Carolina Shad Boat* and others. We will leave the center at 10:30am. Cost: money for lunch. **Must sign up by: November 16th!**

Friday, November 19, 2021 - In house movie - "The Stand" at 1:00pm! Starring, Gary Sinise and Molly Ringwald in Stephen Kings apocalyptic epic as the few survivors of a plague-ravaged world must choose sides in a battle of good versus evil.

Monday, November 22, 2021 - Island Dabblers Paint Party from 1:00-3:00pm! Time to channel our inner Georgia O'Keeffe and paint watercolor flowers from the garden or our imagination!

Tuesday, November 23, 2021 - Wellness & Weight Loss Group from 1:00-3:00pm. In Week Six of the 12-week *Keep Sharp* program, we'll share ideas from our gratitude journals, check our exercise progress and review recipes for our continuing journey to health!

Monday, November 29, 2021 - Thanksgiving Bingo at 1:00pm! Lets play an afternoon game of Bingo with Thanksgiving-themed prizes! **You must sign up by: November 23rd!**

Tuesday, November 30, 2021 - Field Trip! The Holiday Market at the Hunt Club Farm on London Bridge Road will feature gifts and goods of all kinds for our holiday gift-giving, cooking and parties! We will leave the center at 10:30am. Cost: **Must sign up by: November 24th!**

November Birthday's...

Margaret Flanagan - 16 Cindi Watts - 26
Kathy White - 21 Diana Taff - 30
John Smith - 24



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

"Indy, why does the floor move?"

John Rhys-Davies as Sallah in
Indiana Jones and the Raiders of the Lost Ark (1981)

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.currituckgovernment.com

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!

