

Currituck County Senior

April 2023



Happy Easter!

Sunday, April 9th



Need to know...

Household Hazardous Wastes & Shred Event
Saturday, April 22, 2023
 NC Cooperative Extension
 120 Community Water Barco, BC 27917
 10am-1pm
 75 pounds or 3 box max.

Other activities at Extension:

- Flower & Garden show
- Food trucks
- Demo & Giveaway's
- Animal Shelter Rabies Clinic 8-10am

Southern OBX Water Plant
 734 Ocean Trail
 Corolla, NC 27929
 10am-12pm

YMCA Mobile Food Pantry
 130 Community Way, Barco
Saturday, April 8th & April 22nd
 10am -1pm
 NO age/income/or residency restrictions.
 Drive -through ONLY!

Ready...set...go..

Friday, April 7, 2023 - CLOSED for Good Friday!

Friday, April 14, 2023 - Celebrate warmer weather and brighter days at the **“Spring Fling at the Currituck Senior Center!”** Enjoy lunch, dancing, and music with a live DJ. Its all about relaxing, loosening up and having a good time, so dress casual! *This is a free event, but don't forget to tip your DJ!* Fun begins at 12pm! **Deadline: April 6th!**

Programming Update (Barco)

- Bingo will now be played on Mondays and Thursdays at 11am!
- Pickleball is now being played 5 days a week!
- **Mexican Train Dominoes** will be played on Thursdays at 12:30!

Corolla...

Corolla Yoga is taking place at the Corolla Library on Tuesdays at 11am now through June! You must be 55+ and a Corolla resident a minimum of 6 months of the year. If you are interested in signing up or being placed on an alternate list, please call the Currituck County Senior Center at 232-3505. *Walk-Ins are not allowed.*

Dawn's Words of Wisdom...

“In a world where you can be anything, ...be kind.”
-Unknown

HELP NEEDED...

Home Delivered Meals Volunteers!

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 Pickleball
 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
11 Yoga - Corolla (New)
 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 (New)
12:30 Mexican Dominoes (New)
 12:30-5 Card Room

Friday's

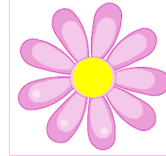
8-5 Billiards
 8-5 Table Tennis
 9 Pickle Ball
 10-12 Sewing Room
 12:30-5 Card Room



Currituck Senior Center

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

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



Special For April...

Wednesday, April 5, 2023 - Birthday Celebration at 12:30pm!

Wednesday, April 5, 2023 - Trip to Cinema Café to see "On a Wing and a Prayer," Starring Dennis Quaid - After their pilot dies unexpectedly mid-flight, Doug Whites (Dennis Quaid) must safely land a plane and save his entire family from insurmountable danger! Cost: ticket and money for lunch at the theatre. Time is TBA.

Monday, April 10, 2023 - In house movie - "Loves Long Journey" at 12pm. The 3rd movie in the series based off of Jannette Oaks best selling books. Popcorn will be served! Don't forget to sign up for lunch!

Wednesday, April 12 - Wednesday, May 17, 2023 - A 6-week Gentle Chi Yoga class from 2-3pm! Taught by Knotts Island Site Manager, Mari Mann. (You will need to provide your own Yoga mat.) Class is limited!

Friday, April 14, 2023 - Celebrate warmer weather and brighter days at the "Spring Fling!" Enjoy lunch, dancing, and music with a live DJ. Its all about relaxing, loosening up and having a good time, so dress casual! This is a free event, but don't forget to tip your DJ! Fun begins at 12pm! **Deadline: April 6th!**

Thursday, April 20, 2023 - Daytime Tides Baseball Game! We will leave the center at 10:30am. Cost: \$15 ticket , \$.75 Parking (cash) and money for lunch at the ballpark! **Deadline sign up and pay: April 17th!**

Monday, April 24, 2023 - Monday Afternoon Bunco & Dinner from 2-5pm! Enjoy Hot Dogs, Chips, Potato Salad, & Dessert! Cost: \$3 for prizes. **Deadline to sign up and pay: April 20th!**

Tuesday, April 25, 2023 - Health Presentation "High Blood Pressure" w/Amy Underhill at 11am! A free box lunch will be provided to those who register before the deadline. **Deadline: April 21st!**

April Birthday's...

Rob Wetzel - 2nd
 Becky Wolf - 7
 Rose Wright - 13th
 Delores Myers - 15th
 Merlita Miguel - 30th



Cooking with Latesa...

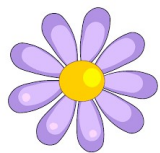
Ingredients:

- 1 cup butter, room temp
- 2 cups sugar
- 1 (11oz) pack vanilla wafers
- 6 eggs
- 1/2 cup milk
- 1 tablespoon vanilla extract
- 2 (6oz) packs frozen coconut, thawed
- 2 cups chopped pecans

Directions: Preheat oven to 325 degrees. Grease and flour a 10-12 cup Bundt pan. In a large bowl, use a mixer to cream the butter and sugar together. Add 1 egg at a time, beating well after each. Add crushed vanilla wafers and milk, mix well. Add coconut, vanilla and pecans, stir well to combine. Spread the batter into the prepared Bundt pan and bake for 1 hour and 25 minutes to 1 hour and 35 minutes or until toothpick inserted in center comes out mostly clean with a few moist crumbs.

Vanilla Wafer Cake

www.southernbite.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
"Peeps")
9-12 Dominoes

Tuesday's

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

Wednesday's

1 Bingo
(No Bingo 4/12 & 4/19)
9-12 Dominoes

Thursday's

11- Exercise Ball
Drumming (Level I)
(April - Country Music)
1-3 Puzzles/Checkers/
Adult Coloring Books

Friday's

1Bingo
(No Bingo 4/7)
9-12 Dominoes

Special For April...

Monday, April 3, 2023 - Birthday Celebration with Hot Fudge Sundaes at 1pm! Don't forget to sign up for lunch!

Wednesday, April 5, 2023 - April Fools Mystery Bingo at 1pm! Bring a wrapped "gag gift" for fun rounds of Bingo!

Tuesday, April 11, 2023 - Craft Class "Tissue Paper Lanterns" Part One at 1pm! We will be making beautiful tissue paper lanterns. Get as creative as you want and watch them light up! **Deadline: April 6th!**

Wednesday, April 12, 2023 - Trip to Cinema Café to see "On a Wing and a Prayer," Starring Dennis Quaid - After their pilot dies unexpectedly mid-flight, Doug Whites (Dennis Quaid) must safely land a plane and save his entire family from insurmountable danger! Cost is ticket and money for lunch at the theatre. Time is TBA. **Deadline: April 11th!**

Friday, April 14, 2023 - Celebrate warmer weather and brighter days at the "Spring Fling" at the Barco Center! Enjoy lunch, dancing, and music with a live DJ. Its all about relaxing, loosening up and having a good time, so dress casual! This is a free event, but don't forget to tip your DJ! We will leave the center at 11:15am! **Deadline: April 6th!**

Monday, April 17, 2023 - Shopping trip to Norfolk Premium Outlets at 10:30am. Cost: money for shopping and lunch. **Deadline: April 14th!**

Tuesday, April 18, 2023 - Craft Class "Tissue Paper Lanterns" Part Two at 1pm! (You must have participated in Part One!)

Wednesday, April 19, 2023 - "Planting Herbs" with Sheila & Chris from Cooperative Extension at 1pm! Get that spring garden going with delightful herbs to season your food, grown from your own home! Learn about planting and upkeep! **Deadline: April 14th!**

April Birthday's...

Mary Yearwood - 9th
Michael Parker - 9th
Walter Evans - 9th
Mary Wright - 12th



Laughing with Lorraine...

April Fools Day:

"Don't believe anything and trust no one. So, its basically like every other day of the year. Carry on."

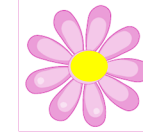
-Unknown



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 Walk in the Park

Tuesday's

9-3 Puzzles/Games
9:30 Gentle Chi Yoga

Wednesday's

9-3 Puzzles/Games
9:30 Walk to in the Park

Thursday's

9-3 Puzzles/Games
9:30 Gentle Chi Yoga

Friday's

9-3 Puzzles/Games

April Birthdays

Heidi Montalbine - 1st
Steve Lyles - 18th
Fred Waterfield - 22nd
Gary Montalbine - 23rd
Becky Lyles - 30th



Special For April...

Mondays & Wednesdays - Walk in the Park at 9:30am! Let's get back outside and walk our way to health, happiness and weight loss!

Monday, April 3, 2023 - Decorate for Easter at 1pm! Time to welcome spring with flowers, bunnies and Easter eggs!

Thursday, April 6, 2023 - In-house movie "Easter Parade", at 10am! Movie tells the tale of a nightclub performer (Fred Astaire) who hires a naïve chorus girl (Julie Garland) to become his new dance partner to make his former partner jealous and to prove he can make any partner a star! Don't forget to sign up for lunch!

Tuesday, April 11, 2023 - Field Trip to Back Bay Deli Market at 10:30am! The Turkey on Cranberry Bread is making headlines!

Thursday, April 13, 2023 - Spring Card Making at 1pm! Pastor Diana Johnson will help us to create Spring themed cards to welcome spring and the return of warmth & light!

Friday, April 14, 2023 - Celebrate warmer weather and brighter days at the "Spring Fling" at the Barco Center. Enjoy lunch, dancing, and music with a live DJ. Its all about relaxing, loosening up and having a good time, so dress casual!

This is a free event, but don't forget to tip your DJ! We will leave the center at 10:30am! **Deadline: April 6th!**

Tuesday, April 18, 2023 - Rock Cairn Building Craft at 1pm! Rock cairns are artfully stacked piles or mounds of rocks used for decoration in bonsai pots. Let show our bonsai trees some rock love!

Friday, April 21, 2023 - Trip to the "Virginia Beach Spring Craft Market" at 9:30am. Cost: \$8 admission. (Receive \$1 off admission by donating a canned food item to the Food Bank of Southeastern Virginia.) **Deadline: April 17th!**

Monday, April 24, 2023 - Birthday Celebration at 1pm!

Thursday, April 27, 2023 - Micro-greens w/Sheila & Chris from Cooperative Extension at 1pm! Micro-greens are nutrient dense tiny greens that may be grown in a short period of time and in limited space. De-stress in your own home garden!

Deadline: April 24th!

Friday, April 25, 2023 - Bonsai Time at 1pm! Its time to wake those bonsai trees up with Pete the Bonsai Guy! Pete will evaluate your tree's progress, re-pot if needed and give tips on watering, fertilizing and wiring. Don't have a tree? We'll have one for you!

"You must remember this" with Mari...

"Twitterpated? Yes. Nearly everybody gets twitterpated in the spring time."
Will Wright as Friend Owl in **Bambi** (1942)

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!





April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk</p>	<p>4</p> <p>Pork Roast w/Gravy, Stewed Tomatoes, Rice, Fruit & Milk</p>	<p>5</p> <p>Meatloaf w/Red Sauce, Mac & Cheese, Green Beans, Roll, Pineapple & Milk</p>	<p>6</p> <p>Tuna Salad, Three Bean Salad, Pasta Salad, Crackers, Jell-O, Milk & OJ</p>	<p>7</p> <p>CLOSED Good Friday!</p>
<p>10</p> <p>Spaghetti w/Meat Sauce, California Blend Vegetables, Cinnamon Apples, Garlic Bread, Pudding & Milk</p>	<p>11</p> <p>Beef Stew w/Potatoes, Garden Salad, Roll, Fruit Cobbler, Milk & OJ</p>	<p>12</p> <p>BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Cookie & Milk</p>	<p>13</p> <p>Chicken Parmesan w/Spaghetti, Green Beans, Applesauce, Garlic Bread, Pudding & Milk</p>	<p>14</p> <p>No Congregate Lunch! Spring Fling @ 12pm! <u>HD Only:</u> Beef Tips/Gravy, Rice, Sautéed Spinach, Peaches, Roll & Milk</p>
<p>17</p> <p>Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple Chunks, Roll, Apple Crisp & Milk</p>	<p>18</p> <p>Chicken Salad, Three Bean Salad, Macaroni Salad, Crackers, Jell-O, Fruit & Milk</p>	<p>19</p> <p>Baked Ham, Cabbage, Sweet Potatoes w/Marshmallows, Pears, Roll & Milk</p>	<p>20</p> <p>Lasagna w/Beef, California Blend Vegetables, Garlic Bread, Cake, Milk & OJ</p>	<p>21</p> <p>Oven Fried Chicken Breast, Buttered Potato, Broccoli, Pears, Roll & Milk</p>
<p>24</p> <p>Sausage & Peppers on Hoagie Roll, Carrots, Roasted Potatoes, Peach Cobbler & Milk</p>	<p>25</p> <p>Corned Beef Hash w/Potatoes, Cabbage, Fruit Crisp, Roll & Milk</p>	<p>26</p> <p>Chili, Baked Potato, Cornbread Muffin, Jell-O, Milk & OJ</p>	<p>27</p> <p>BBQ Chicken, Mac & Cheese, Peas, Cinnamon Apples, Cornbread & Milk</p>	<p>28</p> <p>Baked Pork Chop, Rice, Collards, Roll, Fruit Crisp & Milk</p>