



Currituck County Senior Center's

Knotts Island ~ Barco ~ Powell's Point

March 2018



Happy St. Patrick's Day!



Senior Games...

Albemarle Senior Games (ASG) and SilverArts

The 34th Annual Senior Games March Lineup...

March 26 - Alb. Lanes

Bowling - Singles
Billiards

March 27 - Alb. Lanes

Bowling - Doubles

March 28 - Alb. Lanes

Bowling - Mixed Doubles

Games and SilverArts are sanctioned by the NC Senior Games and serve the largest geographic area in the state representing senior athletes and artist from the surrounding 10 counties.

Local games are held in March, April & May.

Every other year, State qualifiers are eligible to compete in the National Senior Games.

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

Afghan Raffle

The Currituck Senior Center will be raffling a handmade afghan donated by Bernie Golembowski. Tickets are being sold for \$.25 cent each or 5/\$1.00. Proceeds will go to help support the Currituck County Senior Nutrition Program. To purchase tickets please see Dawn at the front desk. The winner will be chosen on April 2nd.

Annual Sanctuary Vineyards Spring Social

On Saturday, April 14th, at 7:00 p.m., the Currituck Chamber of Commerce, in partnership with the Currituck Senior Center and the Corolla Wild Horse Fund, will host a Dinner/Dance Fundraiser at Sanctuary Vineyards. A portion of the proceeds will be divided between the Albemarle Commission Senior Nutrition Program in support of the Currituck Home Delivered Meals Program, Corolla Wild Horse Fund and the Currituck County Chamber of Commerce. There will be a silent auction, in addition to great music and food! Tickets are \$60 including tax per person and will be available for purchase at the Currituck Senior Center, the Wild Horse Museum Store and the Currituck Chamber of Commerce in the near future. For more information, call the Currituck Senior Center (232-3505)

3 Day/2 Night Trip to Dover Downs Hotel & Casino July 23 - July 25, 2018

Dover Downs Hotel has many services to enhance your stay: Headline entertainers, state of the art gaming, live harness racing (certain times), poker, South Pacific-inspired spa and The Colonnade (boutique shops, restaurants, bars and lounges.) There will also be time for (optional) shopping at the Rehoboth Outlets. Cost: \$269.00 per person/double occupancy; optional Travel protection \$51 per person/double occupancy. Your cost includes: 2 nights hotel accommodations, 2 breakfast buffets, 1 dinner buffet, \$100 free slot play. There is \$100 deposit per person due by April 16th. **Please note that this trip will take the place of the annual Dover Downs trip provided by the Senior Center. Using a charter bus allows us to offer this trip to more of your family and friends!*

Dawn's Words of Wisdom...

Good Luck is a residue of preparation.

-Jack Youngblood

Things to Know...

NC Statewide day of Service

On Friday, March 2nd 7AM-7PM, NC lawyers will be available to take calls from the public. This **FREE** event allows people to call in at their convenience during the day and get their basic legal questions answered. Call-in numbers will be available at all the Currituck County senior Centers on March 1st.

FREE AARP Tax Preparation

Every Thursday through April 12th by appointment only at the Barco Senior Center. Tax preparation is open to the public regardless of age and is geared towards low- to moderate- income taxpayers. Certain filing restrictions apply; please call 252-232-3505 for more information.



Everyday...

Monday's

8:00-5:00 Billiards
 9:00 Pickle Ball
 9:00 Table Tennis
 12:30 Dominoes &
 Hand & Foot

*10:00 Seniors meet at
 Albemarle Lanes to bowl
 *Corolla Seniors Yoga
 12:00 - Corolla Library

Tuesday's

8:00-5:00 Billiards
 Pinochle 10:00
 10:30 Bible Study
 11:00 Exercise DVD
 10:00-12:00 Wet Paint
 12:30 Mahjongg
 5:15 Tops

Wednesday's

8:00-5:00 Billiards
 9:00 Pickle Ball
 9:30 Scrabble/Upwards
 10:00 All Day Bridge
 10:00 Quilting
 10:45 *Tai Chi
 1:00 Dominoes

Thursday's

8:00-5:00 Billiards
 9:00 - AARP Tax Prep
 (by appt only)
 9:00 Horseshoes
 10:00 Badminton
 11:00 Exercise DVD
 11 & 12:30 Bingo
 12:30 Hand & Foot
 1:00 Walking Paws
 *Corolla Seniors Yoga
 11:00 - Corolla Library

Friday's

8:00-5:00 Billiards
 8:00 Table Tennis
 9:00 Horseshoes
 10:00 Pickle Ball
 10:30 Dominoes



Currituck Senior Center

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



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

Special For March...

- **Thursday, March 1, 2018 - Sentara Living Health Presentation - "Infection Prevention & You"** at 10:30AM. Those who register before the deadline will receive a free box lunch. Deadline to sign up is Tuesday, February 27th.
- **Monday, March 5, 2018 - BUNCO Night** from 3:30 - 6:00PM. Cost is \$3.00 for prizes and includes a free **Fried Chicken Dinner!** Deadline to sign up is Friday, March 2nd.
- **Wednesday, March 7, 2018 - "History for Lunch"** at Museum of the Albemarle - **NC U-Boats Featuring Author Jim Bunch** at 11:00AM. Bunch is the leading authority on the U-85, first German U-Boat sunk by a US warship in WWII. We will then have lunch at the City Grill.
- **Wednesday, March 7, 2018 - Birthday Celebration** at 12:30PM.
- **Tuesday, March 13, 2018** - April Elmore from Currituck County EMS will be here to give a informational presentation/demo on **"The Basics - Lifesaving Skills"** from 1:00-3:00PM. ***This is not a certification class!**
- **Friday, March 16, 2017 - St. Patrick's Day lunch at 12:00PM!** We will be serving Corned Beef & Potatoes followed by dessert. Deadline to sign up is Wednesday, March 14th.
- **Monday, March 19, 2018 - Breakfast & BINGO at Peppercorns** at the beach! Cost is \$6.00 plus tax for breakfast. We will leave the center at 8:15AM. Deadline to sign up is Wednesday, March 14th.
- **Friday, March 23, 2018 - Free Cooking Class!** Learn to make traditional **"Irish Soda Bread."** Class will begin at 2:00PM. Deadline to sign up is Wednesday, March 21st. *Class is limited to 8!*
- **Tuesday, March 27, 2018 - "Our Risen Savior" at the Rocky Hock Theatre in Edenton!** Cost is \$31.25, including lunch catered by Nixon's! Enjoy Fried Chicken, BBQ, Fish, Vegetables, Salad and more! We will leave the center at 10:00AM. Deadline to sign up and pay is Wednesday, March 21st. **Trip is limited to 19 seniors!*
- **Friday, March 30, 2018 - CLOSED for Good Friday!**

March Birthday's...

Gayle Hasselbacher - 2
 Sherrie Payne - 7
 Elizabeth Jones - 11
 Leona Aydlette - 12
 Mark Hatfield - 13
 Joyce Hines - 14
 David Thayer - 18
 Rebecca Hall - 21
 Donna Forcht - 30
 Richard Stricker - 30



Cooking with Latesa...

Cauliflower Steaks with Olive Relish & Tomato Sauce

- 1 large head cauliflower
- 1/2 cup chopped black olives, pitted
- 3 sun-dried tomatoes, thinly sliced
- 3 1/2 Tbs of olive oil, divided, plus more
- 2 Tbs chopped flat leaf parsley
- 1 Tsp fresh lemon juice
- 3 garlic cloves
- 2 plum tomatoes, cored, quartered
- kosher salt, fresh ground black pepper

Directions: Remove leaves and trim stem end of cauliflower, leaving core intact. Slice cauliflower into four 1/2 inch "steaks" from center (some florets will break loose; reserve.) Finely chop 1/2 cup loose florets. Mix florets with olives, sun dried tomatoes, 1 Tbsp oil, parsley and lemon juice. Season with salt and pepper. Preheat oven to 400 degrees. Heat 1 Tbsp olive oil in a oven proof skillet over medium-high heat. Working in 2 batches, cook cauliflower steaks until golden brown, about 2 min per side, adding 1 Tbsp oil to pan between batches. Transfer to a large rimmed baking sheet. Reserve skillet. Roast cauliflower until tender, about 15 minutes. Return skillet to medium-high heat and add garlic cloves and tomatoes, one cut side down. Cook until tomatoes are browned; turn over and transfer skillet to oven with cauliflower. Roast until tender, about 12 minutes. Transfer garlic, tomatoes, and 1/2 Tbsp oil to blender; puree until smooth. Season with salt and pepper. Serve cauliflower steaks over sauce, topped with olive relish.





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

10:30 Chair Exercises
11:00 Bingo
12:30 Dominoes

Tuesday's

12:30 Dominoes/
Word Search/Yahtzee/
phase 10
(varies weekly)

Wednesday's

10:30 Bingo
12:30 Dominoes &
Skip Bo/Yahtzee/
Board Games
(varies weekly)

Thursday's

11:00 Exercise w/Min
12:30 Bible Study
(No Bible Study 3/1)

Friday's

10:30 Bingo
12:30 Dominoes &
Boggle/Yahtzee

Special For March...

- **Thursday, March 1, 2018** - Walmart Shopping trip w/Dottie at 12:30PM. Must sign up by February 28th!
- **Tuesday, March 6, 2018** - Birthday Celebration at 12:30PM.
- **Tuesday, March 6, 2018** - Rock Painting & Hiding Adventure! (Part 1) Paint rocks in the first class, hide rocks in April (Part 2.) Class begins at 10:30AM. Must sign up by March 9th!
- **Monday, March 12, 2018** - "Services provided by the Sheriffs Department" with Chief Deputy Mike Beickert at 10:30AM.
- **Tuesday, March 13, 2018** - "The Basic's - Lifesaving Skills" at the Barco center. A informational presentation given by April Elmore from Currituck County EMS. We will leave the center at 11:30AM. Must sign up by March 9th. ****This is not a certification class!***
- **Wednesday, March 14, 2017** - Shopping at Greenbrier Mall at 10:30AM. Cost is money for lunch at the mall. Must sign up by March 12th!
- **Friday, March 16, 2018** - St. Patrick's Day lunch of "Bangers" (sausage), Cabbage, Knot Twist bread and Guinness Chocolate Cupcakes, all cooked by Lorraine! Come enjoy! Must sign up by March 13th!
- **Monday, March 19, 2018** - Breakfast & BINGO at Peppercorns at the beach! Cost is \$6.00 plus tax for breakfast. We will leave the center at 8:30AM. Must sign up by March 14th!
- **Tuesday, March 20, 2018** - Nutrition Education with Sheila Gregory at 10:30AM.
- **Tuesday, March 27, 2018** - Senior Health with Amy Underhill at 11:00AM.
- **Wednesday, March 28, 2018** - Lunch at "Simply Southern" and Shopping at Belk's! We will leave the center at 11:30AM. Cost is money for lunch. Must sign up by March 26th!
- **Friday, March 30, 2018** - **CLOSED** for Good Friday!

March Birthday's...

James Nixon - 16

Troy Jones - 22

Rose Wilkerson - 22



Laughing with Lorraine...

"As you ramble through life, whatever be your goal; keep your eye upon the doughnut, and not upon the hole."

-Irish Proverb



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 Chair Exercises
10:00 Puzzles
10:30 Wii Tennis
1:00 Bingo

All Day Coloring Pages

Tuesday's

10:00 Puzzles
10:30 Wii Bowling
1:00 Wii Golf
1:00 Dominoes

All Day Coloring Pages

Wednesday's

9:30 Chair Exercises
10:00 Puzzles
10:30 Board Games
1:00 Phase 10

All Day Coloring Pages

Thursday's

10:00 Puzzles
12:00 BOC Mtg.
1:00 Yahtzee
1:30 Computer Class

All Day Weight Loss Weigh-In

All Day Coloring Pages

Friday's

9:30 Chair Exercises
10:00 Puzzles
1:00 Card Games

All Day Coloring Pages

Special For March...

- **Monday, March 5, 2018 - BUNCO at Currituck Senior Center** from 3:30 - 6:00PM. Sign up to play everyone's favorite game! Cost is \$3.00 for prizes, including a *free* Fried Chicken Dinner! Van will leave on the 2:00PM ferry. Must sign up and pay by March 2nd!
- **Tuesday, March 6, 2018 - Birthday Celebration** at 12:30PM.
- **Tuesday, March 13, 2018** - A trip to the **Barco** center for an informational presentation on **"The Basic's - Lifesaving Skills"** given by April Elmore from Currituck County EMS. Presentation is from 1:00 - 3:00PM. We will leave the Knott's Island center at 10:30AM to enjoy lunch at **Currituck BBQ**, who features \$2.00 BBQs on Tuesdays! Cost is money for lunch. ****This is not a certification class!***
- **Wednesday, March 14, 2018 - Wine Glass Candle Holder Craft Class** at 1:30PM. Supplies will be provided.
- **Friday, March 16, 2018 - "Everything Green Day!"** Join us for **St. Patrick's Day Cake and Punch** at 12:30PM. Make sure you wear green!
- **Monday, March 19, 2018 - "Only The Brave,"** In house movie. Starts at 10:00AM. Coffee and Danish will be provided.
- **Thursday, March 22, 2018 - Weight Loss Support Group!** Wow, what a group we have! Come out and join us once a month for tips, recipes and support on our weight loss journey! You **DO NOT** have to be on any specific program to join our group. Our 1st month Walking Challenge yielded over **100 miles!** Now that's something to talk about! Starts at 1:00PM.
- **Tuesday, March 27, 2018 - Margie & Rays Pork Chop Tuesday!** Everyone loves Margie & Rays, so let's head there for lunch. Tuesday's special is always Pork Chops or Shrimp! Van will leave center at 11:30AM. Cost is money for lunch.
- **Friday, March 30, 2018 - CLOSED for GOOD Friday!**

Something New for 2018!

Walking Club - We will walk Monday-Friday at 9AM weather permitting. You only walk as much as you are comfortable with. Walking helps with weight loss, promotes energy and has lots of other beneficial aspects. Start the year off right by feeling better!

March Birthday's..

Kay Scott - 3

James Waterfield - 3

Bonnie Williams - 4

Sondra Von Syoc - 13



Gary Jones - 19

Martha Burns - 19



Tammy's "Did you Know"...

North Carolina has lots of "First." For instance, did you know that The University of North Carolina was the first PUBLIC university in the United States to open its doors? Or how about Washington in Beaufort County was the first town in the United States to be named for President George Washington. One of our biggest accomplishments is in 1992 when Eva M Clayton became the first woman in North Carolina history elected to Congress. North Carolina has a rich history of being first in many achievements!

We also offer...

- Congregate Meals
- HD Meals
- Educational Speakers
- Exercise Programs
- Exercise Equipment
- Puzzles
- Games
- Bingo
- Indoor Sports
- Outdoor Sports
- Monthly Day trips
- AARP Tax preparation
- Health screenings
- Weekly BP checks
- Quilting/Sewing
- Bell choir
- Bible study
- Wet Paint Society
- TOPS
- Musical entertainment
- Sr. Games Participation
- Are you OK Program
- CDSMP, DSMP, Tai-Chi for Arthritis & Walk with Ease Programs
- **"Walking Paws"** Volunteer Program
- **"Senior Buddy"** Volunteer Program
- Assistance and Referrals
- BUY LOCAL Drop boxes
- Volunteer Opportunities
- Much More!

Stay Informed:

www.currituckgovernment.com

Questions:

Stacy.joseph@CurrituckCountyNC.Gov

Meet the Staff...

Stacy Joseph

Coordinator - Currituck County Senior Center's

Dawn Hamilton

Assistant Coordinator - Barco

Latesa Moore

Assistant Coordinator/Nutrition - Barco

Lorraine Fitchett

Assistant Coordinator - Powell's Point

Tammy Stilke

Assistant Coordinator - Knotts Island

Statement of Purpose

The senior center is 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

The Senior Center's 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!

