



Currituck County Senior Center's

Knotts Island ~ Barco ~ Powell's Point



February 2018

Happy Valentines Day!

Senior Games...

Albemarle Senior Games (ASG) and SilverArts

The North Carolina Senior Games is a year-round health promotion and education program that serves 50 years of age or older by providing exercise for the body and the mind!

It is the largest Senior Games organization in the United States with over 65,000 participants!

The Albemarle Senior 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.

In 2018, Albemarle Senior Games will celebrate their 34th Anniversary!

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

8 week Tai-Chi for Arthritis Class - Wednesday's, February 7th - March 28th at 10:45AM! Ease Arthritis pain, reduce blood pressure, improve balance and stability, increase lower body and leg strength and so much more. Class is taught by Min Delgarbino and pre-registration is required.

Thursday, February 8, 2018 - Shredding from 11:00-11:30AM. Bring all your old bank statements, bills and other documents that you need shredded. *please note - items can not be left at the senior center to shred; you must be present.

FREE AARP Tax Preparation - On Thursday's, starting February 1st - 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.

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...

Don't let yesterday take up too much of today.

-Will Rogers

Games Cont...

Local games are held in March, April & May.

Qualifying participants are then eligible to compete at the state level in the fall.

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

Local senior Games continues to have about 350+ participants with 250+ qualifiers for State Finals each year!

The Senior Center in Barco will be again hosting the Pickle ball tournament for the Senior Games on April 11, 2018!

2018 Senior Games registration forms are available at all the Senior Centers in Currituck.

***Deadline to register is February 15th!**

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
 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 Basics Class (last class 2/7)
 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 February...

- **Thursday, February 1, 2018 - Sentara Living Health Presentation - "Diabetes Prevention,"** at 10:30AM. Those who register before January 30th will receive a free box lunch!
- **Friday, February 2, 2018 - A Movie Theatre trip to see "Forever My Girl."** A music superstar reunites with his first love and realizes the steep price he has paid for his success. Liam Page (Alex Roe) and his high-school sweetheart Josie Preston (Jessica Rothe) were the golden couple of Saint Augustine, Louisiana, until Liam left her at the altar for a shot at fame and fortune. Eight years later, Liam returns to his tiny hometown for the first time as a world-famous recording artist, but not even his own father is thrilled to see him. **Cost is money for ticket. Location and time TBA.**
- **Monday, February 5, 2018 - "Super Bowl After Party!"** Join us after the big game to celebrate! We will be serving sub sandwiches and other game day snacks at 12:00PM. Deadline to sign up is February 2nd.
- **Wednesday, February 7 - Wednesday, March 28, 2018 - A 8 Week "Tai Chi for Arthritis" Class** at 10:45AM. Ease Arthritis pain, reduce blood pressure, improve balance and stability, increase lower body and leg strength and so much more. Class is taught by Min Delgarbino. **(pre-registration is required.)**
- **Wednesday, February 7, 2018 - Birthday Celebration** at 12:30PM.
- **Friday, February 9, 2018 - Free "Coffee Filter Valentine's Wreath" craft class** at 12:30PM. This class is limited!
- **Monday, February 12, 2018 - Hallmark Movie Monday - "Valentine Ever After,"** starts at 12:00PM. Don't forget to sign up for lunch to enjoy during the movie. Popcorn will be provided.
- **Wednesday, February 14, 2018 - Valentine's Day Goodies** at 12:15PM!
- **Tuesday, February 20, 2018 - A "Volunteer Presentation" with Sharon Grassman from Albemarle Hospice** at 12:15PM.
- **Friday, February 23, 2018 - Shopping trip to Greenbrier Mall.** We will leave the center at 10:30AM. Cost is money for lunch at the mall.
- **Tuesday, February 27, 2018 - Butterbean Auction** at 11:00AM. Bid on your favorite items with butter beans! (Beans will be provided.)
- **Tuesday, February 27, 2018 - "Rob & Julie's China Adventure!"** at 12:30PM.

February Birthday's...



Bill Haggerty - 2	George Wilkie - 19
Charles Campbell - 4	Rebecca Harrington - 20
Doris White - 4	Doris Flora - 25
Talmage Dunn - 10	Jean Perry - 25
Bobbie Badeaux - 11	Loretta Sullivan - 25
Sammy Smith - 16	Bill Freethy - 26
Janet Lammie - 18	Eva Smithson - 29

Cooking with Latesa...

Ingredients:

- 1 cup of water
- 1 (2-4 pound size) Beef roast
- 1 envelope dry ranch salad dressing mix
- 1 envelope dry Italian salad dressing mix
- 1 envelope dry brown gravy mix

Three Envelope Roast

Directions: Pour water in bottom of crock pot. Place the roast in the crock pot. Evenly sprinkle roast with the ranch dressing, italian dressing and brown gravy mixes. Cover the crock pot and cook on low for 7 hours (adjust cooking time based on your crock pots heating options) or until the roast is tender. To serve, remove from crock pot and set aside on a cutting board with a piece of aluminum foil lightly covering it and let sit for 10 minutes. If you wish to thicken the juices left in the crock pot, make a slurry of 1 tablespoon cornstarch in 1/4 cup of cold water and stir into the juices. Turn the crock pot to high while you slice the roast so the juices will thicken into a light gravy. Remove the foil cover from the roast and slice against the grain. Serve the roast with gravy over the top.





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
(No Exercise 2/15)
12:30 Bible Study
(No Bible Study 2/1)

Friday's

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

Special For February...

- **Thursday, February 1, 2018 - Walmart Shopping** w/Dottie at 12:30PM.
- **Tuesday, February 6, 2018 - Birthday Cake & Ice Cream** at 12:30PM.
- **Wednesday, February 7, 2018 - Shopping trip to Greenbrier Mall** at 10:30PM. Cost is money for lunch at the mall.
- **Tuesday, February 13, 2018 - DIY Bird Feeders Craft Class.** Learn how to make bird feeders from seed! Our feathered friends are hungry this time of year! Class starts at 10:30AM. Deadline to sign up is February 9th.
- **Wednesday, February 14, 2018 - Valentine's Sweets!** Get sweeter eating Valentine's Sweets at 12:30PM.
- **Wednesday, February 14, 2018 - Dick Kelley from the County Tax office** will be here from 1:00-3:30PM to help you complete **Property Tax Form 1030**.
- **Tuesday, February 20, 2018 - Senior Nutrition** with Sheila Gregory at 10:30AM.
- **Friday, February 23, 2018 - African American men from Currituck who served in the Civil War!** Join us for a trip to the **Currituck Library** to view a mini-exhibit highlighting contributions of brave African American men from Currituck County. We will stop for lunch at Currituck BBQ. We will leave the center at 11:00AM. Deadline to sign up is February 21st!
- **Tuesday, February 27, 2018 - Health Education** with Amy Underhill at 11:00AM.

February Birthday's...

Ernestine Everett - 2
Prisilla Barnes - 11
Franklin Fowler - 26



Laughing with Lorraine...

"You can't put a price tag on love, but you can on all its accessories!"

-Chico Marx
(Marx Brothers)



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 January...

- **Wednesday, February 7, 2018 - Birthday Celebration** at 12:30PM.
- **Wednesday, February 7, 2018 - Valentine's "Shoe Box Craft."** Bring in a shoebox or other cardboard box to decorate for our **Old Fashioned Valentines Day Card Exchange!** Class starts at 1:30PM.
- **Friday, February 9, 2018 - Banana Bread Baking Class!** Learn to make old fashioned banana bread. Class begins at 1:00PM. (This class is limited to six people.)
- **Tuesday, February 13, 2018 - Dick Kelley from the County Tax office** will be here from 10:30AM-1:00PM to help you complete **Property tax from 1030.** Sign up at the center or by calling (252) 429-3231.
- **Wednesday, February 14, 2018 - Valentine's Day Card Exchange!** Exchange Valentine's and enjoy cake & punch! Valentines can be homemade or store bought. Begins at 1:00PM.
- **Thursday, February 15, 2018 - Field Trip! Pembroke BINGO and lunch at Finn McCool's in Landstown!** We will leave the center at 9:00AM. Cost is \$30.00 any size package and money for lunch.
- **Tuesday, February 20, 2018 - In-house movie! "Wonder,"** starring Julia Roberts and Owen Wilson. Movie starts at 11:00AM. Danish and Coffee will be provided.
- **Thursday, February 22, 2018 - Weight Loss Support Group.** Join us as we share tips, recipes, goals and discussion about our weight loss journey. Begins at 1:00PM. *(Small party will be held for the ones that achieved the Group Weight Loss Goal for December 2017. Goal was 23lbs, we lost 33!!!)*
- **Wednesday, February 28, 2018 - Field Trip! "War with Grandpa,"** at Cinema Café. Cost is ticket and money for lunch. Time is TBA.

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!

February Birthday's...

Jerry Taff - 14

Ron Johnson - 18

Larry Etheridge - 7



Tammy's "Did you Know"...

While February boast a lot of happenings, there is one that many might not know about. **February 11th is national Shut-In Visitation Day!** Do you know someone that you haven't seen in awhile? Wherever they are, take time out of your schedule to visit the ones that are close to us. Both of you will enjoy re-connecting, catching up and spending time with one another!

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!

