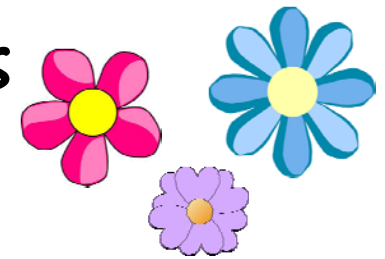


# Currituck County Senior Center's

Knotts Island ~ Barco ~ Powell's Point



## April 2018

### Happy Easter



### Senior Games...

#### Albemarle Senior Games (ASG) and SilverArts

The 34th Annual Senior Games April Lineup...

#### April 5 - Knobbs Creek

Shuffleboard  
Horseshoes  
Basketball Shoot

#### April 6 - Knobbs Creek

Cornhole  
Par 3 Golf

#### April 11 - Curr Sr Ctr

Pickle Ball

#### April 13 - Alb YMCA

Swimming

#### April 17 - Preg. Comm. Ctr

Fun Walk, Discuss, Shot Put, Football Throw, Softball Throw, Long Jump

#### April 19 - Preg. Comm. Ctr.

Badminton  
Table Tennis

#### April 23 - Alb. Plantation

Bocce (women)

#### April 26 - Alb. Plantation

Bocce (men)

#### April 26 - Carolina Club

Golf Tournament

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

#### Corolla Senior 55+ Spring Trip

**Tuesday, April 17th**

Pick up: Food Lion in Southern Shores 9:00AM.

Corolla seniors will sign up between the choice of 2 trips with the trip that has the most yes's being where we will go. Both locations have a café on site to grab a bite to eat.

**Choice 1 - The Virginia Aquarium & the Marine Science Center** (Explore over 800,000 gallons at one of the best aquariums and animal habitats in the country. Experience our hands-on exhibits, nature path, and marshlands) Cost: \$22.95 pay there

**Choice 2 - The Virginia Living Museum** (showcases Virginia's natural and living resources to encourage understanding and protection of our natural world. View endangered red wolves. Get up close to a loggerhead turtle & moon jellies. See fish with no eyes and frogs that change colors. Touch horseshoe crabs.) Cost: \$20 pay there

#### Currituck Senior Center Spring Social

Join us on **Saturday, April 21st** at 5:30PM for a Spring Social. There will be live music with DJ Kenny, Dinner and an Ice Cream bar. Dancing is optional! Cost is \$10 per person due by April 13th.

#### Annual Sanctuary Vineyards Fundraiser

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)

#### *Dawn's Words of Wisdom...*

*"Bloom where you are planted."*

*-Unknown*

### Things to Know...

#### Trip to Dover Downs 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!*



## 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  
 1:00 Dominoes

### Thursday's

8:00-5:00 Billiards  
 9:00 - AARP Tax Prep

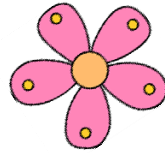
*(by appt only -  
 last day 4/12)*

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 April...

- **Wednesday, April 4, 2018 - Birthday Celebration** at 12:30pm.
  - **Thursday, April 5, 2018 - Sentara Living Health Presentation - "Do you know your medications"** at 10:30am. A free boxed lunch will be provided to those who register by Tuesday, April 3rd.
  - **Monday, April 9, 2018 - Free Craft Class "Stamped Clay Bowls,"** at 12:30pm. Deadline to sign up is Friday, April 6th.
  - **Tuesday, April 10, 2018 - Golf "Stumpy Lake"** hosted by Parks & Rec Dept. at 8:30am.
  - **Wednesday, April 18, 2018 - Healthy Cooking w/Sheila Gregory** at 12:30pm. Deadline to sign up is Monday, April 16th.
  - **Saturday, April 21, 2018 - "Senior Spring Social"** at 5:30pm! Join us for Dinner, Dancing, Ice Cream Bar and a live DJ! Cost is \$10.00 per person. Deadline to sign up and pay is Friday, April 13th.
  - **Wednesday, April 25, 2018 - Daytime Tides Baseball Game!** Cost is \$13.00 ticket and money for lunch at the ballpark. We will leave the senior center at 10:30am. Deadline to sign up and pay is Friday, April 20th.
  - **Thursday, April 26, 2018 - Art Show!** Come out to the senior center from 11:00am - 1:00pm and enjoy art on display from the Wet Paint Society and Currituck Seniors. There will be a live demo courtesy of Jackie Zagon. *Light refreshments will be served.*
  - **Monday, April 30, 2018 - Senior Picnic at Currituck Rural Center!** Join seniors from both Powell's Point and Knott's Island for Hot Dogs, Hamburgers, fix in's and fun! We will have outdoor games such as Corn Hole, Horseshoes & more! We will leave the senior center at 11:00am. Deadline to sign up is Thursday, April 26th. \* *This is also a "Passport" destination! (please visit [www.visitcurrituck.com/ambassador](http://www.visitcurrituck.com/ambassador) for more information on the Passport or you may see staff at the senior center)*
- \* **Tuesday, April 17, 2018 - Corolla Senior Trip** (see front page for details)

## April Birthday's...

Rob Wetzel - 2  
 Rita Martin - 4  
 John Webb - 7  
 Rose Wright - 13  
 Delores Myers - 15  
 Doris Ballance - 18  
 Jacquelyn Zagon - 19  
 Laverne Brickhouse - 29  
 Sharon Snyder - 30



## Cooking with Latesa...

### White Chocolate Mousse Nests

#### Ingredients:

- 2 Cups Heavy Cream
- 1/2 Cup Confectioners Sugar
- 1/3 Cup White Chocolate Instant Pudding Mix (dry)
- 1/2 Cup Shredded Coconut
- 24 White Cadbury Eggs

**Directions:** Add heavy cream, confectioners sugar, and dry pudding mix to a stand mixer fitted with whisk attachment. Beat on high speed until light and fluffy, about 2-3 minutes, scraping down the sides as needed. Meanwhile, evenly spread coconut out on a cookie sheet and broil under low until coconut toasts to a golden brown. Keep a close eye on it so as not to burn. Pipe mousse into 4 oz. dishes with a large circle tip. Use a spoon or small tart shaper to make an indentation in the center of the mousse. Sprinkle with toasted coconut and finish off with 3 white chocolate Cadbury eggs.

[www.bonappetit.com](http://www.bonappetit.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

10:00 Coffee & Chat  
(*flavor of the month -  
French Vanilla!*)

10:30 Chair Exercises

11:00 Bingo

1:00 Puzzlers/Coloring  
Pages/Dominos

### Tuesday's

1:00 Puzzlers/Coloring  
Pages/Dominos

### Wednesday's

10:30 Bingo

1:00 Puzzlers/Coloring  
Pages/Dominos

### Thursday's

11:00 Exercise w/Min

12:30 Bible Study

1:00 Puzzlers/Coloring  
Pages/Dominos

### Friday's

10:30 Bingo

1:00 Puzzlers/Coloring  
Pages/Dominos

## Special For April...

- **Tuesday, April 3, 2018 - Birthday Celebration** at 12:30pm.
- **Wednesday, April 4, 2018 - Greenbrier Mall** at 10:30am. Must sign up by April 3rd!
- **Thursday, April 5, 2018 - Walmart Shopping w/Dottie** at 12:30pm. Must sign up by April 4th!
- **Monday, April 9, 2018 - Lunch at Southland and Rock Hiding Adventure!** (*This trip is for ROCK PAINTERS ONLY!*) We will leave the center at 11:00am.
- **Monday, April 16, 2018** - Chief Deputy Matt Beickert from the Currituck County Sherriff's Department will giving a presentation on **"Disposing of Medication"** at 10:30am.
- **Tuesday, April 17, 2018 - Senior Nutrition w/ Sheila Gregory** at 10:30am.
- **Tuesday, April 24, 2018 - Senior Health w/Amy Underhill** at 11:00am.
- **Monday, April 30, 2018 - Spring Picnic at the Currituck Rural Center!** Join seniors from both Barco and Knott's Island for Hot Dogs, Hamburgers, fix in's and fun! We will have outdoor games such as Corn Hole, Horseshoes & more! We will leave the senior center at 11:15am. Deadline to sign up is Thursday, April 26th. *\* This is also a "Passport" destination! (please visit [www.visitcurrituck.com/ambassador](http://www.visitcurrituck.com/ambassador) for more information on the Passport or you may see staff at the senior center)*

**\*NEW Flavor of the month - Coffee & Chat! Every Monday morning at 10:00am. Casual Chats about the comings and goings, now and past! \*NO POLOTICS!\***

## April Birthday's...

Shirley Fleetwood - 1

Bob Workman - 4

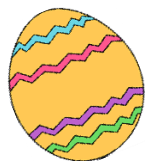
Mary Wright - 12



## Laughing with Lorraine...

"Spring is nature's way of saying, "Lets Party!"

~Robin Williams~



# 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 April...

- **Wednesday, April 11, 2018 - Birthday Celebration** at 12:30pm.
- **Thursday, April 12, 2018 - "Molly's Game," in house movie** at 1:00pm. Snacks will be provided.
- **Tuesday, April 17, 2018 - Spring Bingo!** Lets celebrate warmer weather with Bingo. Lunch will be Spaghetti! Sign up to bring a side dish/dessert. Please bring two wrapped gifts. Starts at 12:00pm.
- **Thursday, April 19, 2018 - Stepping Stones Craft Class** at 1:00pm. Bring your own shells, broken pottery, etc. to add your own flair! *(Some stones will be provided.)* Must sign up by Thursday, April 12th!
- **Thursday, April 26, 2018 - Weight Loss Support Group!** Join us for tips, recipes and conversation about our weight loss journeys. ***You do not have to follow any certain diet plan to join us, everyone is welcome!*** We will also be taste testing a new recipe! Starts at 1:00pm!
- **Monday, April 30, 2018 - Spring Picnic at the Rural Center!** Join seniors from both Powell's Point and Barco for Hot Dogs, Hamburgers, fix in's and fun! We will have outdoor games such as Corn Hole, Horseshoes & more! We will leave on the 10am ferry. Deadline to sign up is Thursday, April 26th. *\* This is also a "Passport" destination! (please visit [www.visitcurrituck.com/ambassador](http://www.visitcurrituck.com/ambassador) for more information on the Passport or you may see staff at the senior center)*

### 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!

## April Birthday's...

James Caldwell - 20  
Fred Waterfield - 22  
Hazel Williams - 28



### Tammy's "Did you Know"...

As we get older, exercise can become our friend. Staying active has many benefits such as lowering your risk of diabetes and heart disease. It can improve your balance, strength and reduce symptoms of depression. Start with simple exercise, such as walking, to improve your health today!

## 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](http://www.currituckgovernment.com)

Questions:

[Stacy.joseph@CurrituckCountyNC.Gov](mailto: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!**

