



Currituck County Senior Center's

Knotts Island ~ Barco ~ Powell's Point



June 2018

Summer



Did you know...

Operation Fan Heat Relief (OFHR)

A summer program intended to provide a more comfortable living environment and reduce heat related illness.

In support of OFHR, contributions from Dominion Resources through the Division of Aging and Adult Services were made available to the Area Agencies on Aging (AAA) to purchase fans for individuals in need.

Eligible applicants must reside in Currituck County, must be an adult: 60 years of age or older OR with a disability and must have a home situation where a threat to health and well-being exists.

For more information, please contact Stacy Joseph at 252-232-3505.

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

4 week Tai-Chi for Arthritis Class in Moyock

We will be holding a 4 week Tai-Chi for Arthritis class at the Moyock Library on Tuesday's in June at 10:00am. This class will be limited to 25 seniors. An alternate list will be taken in case of 1st class drop-outs. *Class Priority will be given to seniors who did not participate in this year's class in Barco.*

Please call the Senior Center in Barco at 252-232-3505 to sign up.

*The library will not be accepting sign-ups.

Trip to Historic Savannah, GA

December 5 – December 7, 2018

See thousands of twinkling lights decorating River Street, a shining Christmas Tree in Forsyth Park and city squares adorned with fresh evergreens and red bows. Savannah is a scene come alive from an old-time Victorian Christmas Card.

Your 3 day/2 night trip includes:

2 breakfasts and 2 dinners, including a dinner at a Restaurant on the beautiful Savannah River Front, Holiday Trolley Tour with stops at the historic Isaiah Davenport House and Savannahs decorated Westin Resort with the area's largest Gingerbread Village, Guided Bus & Walking Tour of Historic Savannah experiencing over 270 years of rich history from before the Civil War to present times. See the beautiful historic district with lovely squares, fountains and gorgeous Southern-style homes. The Savannah Historic Theater "A Christmas Tradition", an amazing show that brings Christmas to life with holiday glitz and glitter. Holiday Shopping along the famous River Street with a visit to Byrd's Famous Cookies.

Cost: \$369.00 per person/double occupancy; Single rate is \$449.00

\$100.00 deposit per person is due by: August 10th.

Optional: Travel protection insurance \$51.00 per person/double occupancy.

Dawn's Words of Wisdom...

Time you enjoyed wasting, was not wasted.

—John Lennon

We need You...

Senior Advisory Board Members NEEDED...

Are you...

- Currently Active in Senior Activities and Programs
- Willing to share ideas and work as a team
- Able to Commit yourself for quarterly meetings and special events
- A resident of Currituck County

Board members serve as advocates for citizens of Currituck County 55 years of age or older. The Board makes suggestions on programming, outreach and policies.

The Senior Center Advisory Board consists of 6 senior citizens and an appointed BOC.

The board meets 4 times a year: January, April, July and October at the senior center in Barco. Board members may serve 2 consecutive - 2 year terms; if eligible for reappointment. All Board members are appointed by the Board of Commissioners.

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

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 Horseshoes
10:00 Badminton
11:00 Exercise DVD
11 & 12:30 Bingo
12:30 Hand & Foot
1:00 Walking Paws

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 June...

- **Monday, June 4, 2018 - BUNCO Night** from 3:30-6:00pm. Includes a free BBQ Sandwich dinner! Cost is \$3.00 for prizes. Deadline to sign up and pay is Friday, June 1st!
- **Wednesday, June 6, 2018 - Birthday Celebration** at 12:30pm.
- **Thursday, June 7, 2018 - Sentara Living Health Presentation - "Summer Vacation Safety"** at 10:30am. Deadline to sign up is Tuesday, June 5th. *A free boxed lunch will be provided to those who register before the deadline.*
- **Wednesday, June 13, 2018 - Daytime Tides Baseball Game!** Cost is \$13.00 ticket and money for lunch at the ballpark. We will leave the center at 10:30am. Deadline to sign up and pay is Monday, June 11th.
- **Thursday, June 14, 2018 - Golf Outing** w/Parks and Rec at "Riverfront." Time TBA.
- **Friday, June 15, 2018 - Fathers Day Breakfast** at 9:00am. We will be serving Eggs, Bacon, Sausage Gravy, Biscuits & More! Feel free to bring a guest! Deadline to sign up is Wednesday, June 13th!
- **Wednesday, June 20, 2018 - A trip to "Andersons Garden & Sage Shop"** in Virginia Beach! Offering everything from live plants and flowers to home décor and apparel! We will leave the center at 10:30am. Cost is money for lunch on site at the "Sage Kitchen."
- **Friday, June 22, 2018 - Celebrate Summer with Ice Cream Sundaes** at 12:15pm!
- **Monday, June 25, 2018 - Shopping trip to Tanger Outlets in Nags Head & lunch at High Cotton!** We will leave the center at 10:45am. Deadline to sign up is Friday, June 22nd!
- **Friday, June 29, 2018 - Free 4th of July Craft Class - "2 Tier Flower Pots"** at 12:30pm. Deadline to sign up is Thursday, June 14th! Class is limited!

June Birthday's...

Bob Gentzel - 3
Joanne Dibello - 25
Charlotte Neal - 26
Faye Lewark - 30



Cooking with Latesa...

Ingredients:

- 1 Lb Chicken Wings
- 2 Tbsp Vegetable Oil
- Kosher Salt
- Ground Black Pepper
- 1 Stick Melted butter
- 4 Cloves Garlic, Minced
- 2 Tbsp Fresh Chopped Parsley
- 3/4 cup Shredded Parmesan, plus more for garnish
- 1 Tsp Red Pepper Flakes
- Caesar dressing, for dipping

Garlic Parmesan Wings



Directions: Preheat oven to 400 degrees. Toss chicken wings with oil and season with salt and pepper. Place a wire rack on top of a baking sheet. Place wings on top of rack and bake until golden and crispy, 50-55 minutes. In large bowl, stir together butter, garlic, parmesan, parsley and crushed red pepper flakes. Add wings and toss until completely coated. Sprinkle with more Parmesan and serve with Caesar dressing.

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 - "Mocha"*)

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
(*No Exercise 6/28*)

12:30 Bible Study

(*No Bible Study for June*)

1:00 Puzzlers/Coloring
Pages/Dominos

Friday's

10:30 Bingo

1:00 Puzzlers/Coloring
Pages/Dominos

Special For June...

- **Tuesday, June 5, 2018 - Senior Nutrition** w/Sheila Gregory at 10:30am.
- **Tuesday, June 5, 2018 - Birthday Celebration** at 12:30pm.
- **Wednesday, June 6, 2018 - Shopping trip to Greenbrier Mall** at 10:30am. Cost is money for lunch at the mall. Must sign up by June 5th!
- **Thursday, June 7, 2018 - Wal-Mart Shopping Trip** w/Dottie at 12:30pm. Must sign up by June 6th!
- **Monday, June 18, 2018 - Sheriff Matt Beickert** will be here at 11:00am to provide valuable information on "**Medication Safety**" and will also be providing a medicine drop for old prescriptions. *Don't forget to bring your old medications!*
- **Monday, June 18, 2018 - Butterbean Auction** at 12:30pm. Bid on your favorite items with butter beans!
- **Tuesday, June 19, 2018 - "Under the Oaks" Art Festival & Lunch at Corolla Heritage Park.** We will leave the center at 9:00am. Cost is money for shopping and lunch. Must sign up by June 15th!
- **Tuesday, June 26, 2018 - Senior Health** w/Amy Underhill at 11:00am.
- **Thursday, June 28, 2018 - Craft Class - "Crayon Art"** at 10:30am. Melt crayons to make colorful art work! Must sign up by June 13th!

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

June Birthday's...

Dee Riddick - 10

Mary Oliver - 24

Gigi Hendricks - 24

Thelmas Mills - 30



Laughing with Lorraine...

"A man knows he is growing old because he begins to look like his father."

-Gabriel Garcia Marquez

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 June...

- **Monday, June 4, 2018 - BUNCO Night** from 3:30-6:00pm at the Senior Center in Barco. We will leave on the 2:00pm ferry. Includes a free BBQ Sandwich dinner! Cost is \$3.00 for prizes. Deadline to sign up and pay is Friday, June 1st!
- **Wednesday, June 6, 2018 - Field Trip to the Movie Theatre** and lunch at **Kelly's Tavern**. We will be seeing **"Gotti,"** starring John Travolta, Ella Travolta and Kelly Preston. Cost is ticket and money for lunch. Time is TBA.
- **Monday, June 11, 2018 - Summer BINGO** at 12:00pm. Please bring two wrapped gifts celebrating summer. We will have a **"Build your own sub station!"** Sign up to bring a side dish.
- **Thursday, June 14, 2018 - Weight Loss Support Group** at 1:00pm. Join us for tips, recipes and suggestions for our weight loss journey. You do not have to be on any weight loss diet to join! *Don't forget, the seniors walk everyday (weather permitting) at 9:00am.*
- **Tuesday, June 26, 2018 - Field Trip to "Martin's Peach Farm"** and lunch at **Creeds Café**. We will leave the center at 11:00am. Cost is money for lunch.
- **Thursday, June 28, 2018 - In house movie - "Murder on the Oriental Express."** Begins at 1:00pm.

***The Knotts Island Senior Center will close at 1:00pm on Wednesday, June 20, 2018**

June Birthday's...

Cliff Scott - 12 Robert Clarke - 23
Jay Taylor - 14 Virginia Lee - 30
Love Etheridge - 16
Judy Peters - 23



Tammy's "Did you Know"...

June is a great month to visit local Farm Markets and get started on canning. Canning foods is a long time tradition for many seniors. Here are some tips for successful canning:

- Always use new lids and bands. Old bands can become rusty and therefore provide bacteria into the jars.
- Always wash your jars and afterwards use a water bath to sterilize them. Fill a large pot with water and place your jars upside down in the water. Bring to a boil and let the steam sterilize them.
- Always remove air bubbles. Take a knife and go along the edges of the jar to get bubbles out.
- Lastly, have fun. There are hundreds of recipes for canning produce but the best one will be the one that comes from your heart!

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!

