

# Currituck County Senior Center's February 2019



**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.

Local games are held in March, April & May.

**2019 Senior Games registration forms are available at the Senior Center in Barco.**

**Deadline to Register: Feb. 15th!**

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

**FREE AARP Tax Preparation** - On Thursday's, starting **February 7th - April 11th** *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.

### Senior Dinner and Dance -

On **Friday, February 15th at 5PM** we will be having a Senior Dance and Dinner! Music will be provided by a live DJ! Dancing is optional! Cost: Free; a tip jar will be available for the DJ. Dress Attire: Dressy (no jeans or shorts) slacks, dresses, skirts, etc. Deadline to sign up is February 8th!

### 3 Day/2 Night Trip to Dover Downs Hotel & Casino July 29 - July 31, 2019

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: \$289.00 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 25th.

### Pigeon Forge/Gatlinburg April 23-April 26, 2019

*4 Day/3 Night trip - Seats still available for a short time. Please call the Senior center for more information. Cost: \$499 per person/Double Occupancy. Travel protection (optional)*

## Dawn's Words of Wisdom...

*"Love is not what the mind thinks, but what the heart wants."*

*-Greg Evans*

## Coming Soon...

### MySeniorCenter

A new automated check-in system called MySenior-Center will soon be installed in the lobby at the Currituck Senior Center in Barco.

Seniors/Guest/Volunteers will swipe a key tag across a scanner and touch the appropriate activity/programming choice on the touchscreen.

It is specifically designed to help our staff better track attendance, demographics, determine specific programming needs, generate monthly required reports and much more!

We have attentively scheduled April 1st to go live with the new system.



## Everyday...

### Monday's

8:00-5:00 Billiards  
 9:00 Pickle Ball  
 9:00 Table Tennis  
 11:00 Corolla- Yoga  
 12:30 Dominoes &  
 Hand & Foot

\*10:00 Seniors meet at  
 Albemarle Lanes to bowl

### Tuesday's

8:00-5:00 Billiards  
 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 Corolla-Yoga  
 11:00 Exercise DVD  
 11 & 12:30 Bingo  
 12:30 Hand & Foot  
 1:00 Walking Paws

### Friday's

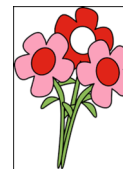
8:00-5:00 Billiards  
 8:00 Table Tennis  
 9:00 Horseshoes  
 9:00 Pickle Ball  
 10:30 Dominoes  
 2:00-4:00 Drop in  
 Scrapbooking



# Currituck Senior Center

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

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



## Special For February...

**Monday, February 4, 2019 - Super Bowl After Party** at 12:00pm! Enjoy Sub Sandwiches, Party Snacks & Sodas. Must sign up by February 1st!

**Wednesday, February 6 - Wednesday, April 10, 2019 - 10 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 and pre-registration is required!

**Wednesday, February 6, 2019 - Birthday Celebration** at 12:30pm!

**Thursday, February 7, 2019 - Sentara Living Health Presentation "What is a Patient Advocate?"** at 10:30am. A free boxed lunch will be provided to those who register by the deadline. Must sign up by February 5th!

**Monday, February 11, 2019 - Hallmark Movie Monday - "A Taste of Romance."** Widower Gill Callahan retired from the fire department after a tragedy. Helped out by some mates, he starts a diner, offering simple food to their taste. The matching music is too much for the elitist of his neighbor, Sara Westbrook, who just started a French Restaurant and aspires a refined reputation utterly clashing with the working class neighborhood, leading to a prank war. Gills daughter Hannah befriends Sara and ends up acting as matchmaker, helped by fate in what seems tragedy. Movie begins at 12:00pm. Popcorn will be provided. *(Don't forget to sign up for lunch!)*

**Thursday, February 14, 2019 - Valentines Goodies** at 12:15pm!

**Friday, February 15, 2019 - We will be having a Senior Dance and Dinner!** Music will be provided by a **live DJ!** Dancing is optional! Cost: Free; a tip jar will be available for the DJ. Dress Attire: Dressy (no jeans or shorts) slacks, dresses, skirts, etc. Begins at 5:00pm. Deadline: Feb. 8th!

**Tuesday, February 19, 2019 - Butterbean Auction** at 11:00am! Bid on your favorite items with butterbeans!

**Friday, February 22, 2019 - Cooking Class** at 1:00pm. **Home made Pizza Rolls!** Must sign up by February 19th. This class is limited!

**Monday, February 25, 2019 - Craft Class - "Plastered Paris Picture Frames"** at 12:30pm. Must sign up by February 20th!

**Thursday, February 28, 2019 - "Bye Bye Birdie"** at COA in Elizabeth City followed by lunch at **"Plaza Azteca!"** Cost is \$18.50 ticket and money for lunch. We will leave the center at 9:15am. Must sign up by February 25th!

### February Birthday's...

Doris White - 4  
 Talmage Dunn - 10  
 Bobbie Badeaux - 11  
 Sammy Smith - 16  
 Doris Flora - 25  
 Jean Perry - 25  
 Loretta Sullivan - 25  
 Bill Freethy - 26  
 Eva Smithson - 29



### Cooking with Latesa...

#### Lemony Pesto Chicken Soup

##### Ingredients:

6 cups chicken stock  
 1/2 cup orzo  
 1 cup cooked shredded chicken  
 3 tbs fresh lemon juice, plus wedges

1/4 cup Basil Pesto sauce  
 Grated Parmesan, pea shoots or other delicate greens and fresh basil for serving



**Directions:** In a saucepan, bring stock to a simmer. Add orzo and cook 1 minute less than per package instructions. Add chicken and heat through, about 1 minute. Remove from heat. Stir in lemon juice. Divide among bowls. Add 1 Tablespoon pesto to each. Serve with lemon wedge, grated parmesan, pea shoots or other delicate greens, and fresh basil.

# 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

1:00 Puzzlers/Coloring  
Pages/Dominos

### Friday's

10:30 Bingo

1:00 Puzzlers/Coloring  
Pages/Dominos

## Special For February...

**Friday, February 1, 2019 - Early Bird BINGO** at 10:00am.

**Friday, February 1, 2019 - Senior Health** w/Amy Underhill at 11:00am.

**Tuesday, February 5, 2019 - Birthday Celebration** at 12:30pm.

**Thursday, February 7, 2019 - Wal-Mart Shopping** w/Dottie at 12:30am. Must sign up by February 5th!

**Friday, February 8, 2019 - Shopping trip to Greenbrier Mall** at 10:30am. Must sign up by February 4th!

**Tuesday, February 12, 2019 - "Steps to Health"** with Sheila Gregory at 10:30am.

**Wednesday, February 13, 2019 - County Property Tax Assessments** from 1:00 - 3:30pm.

**Thursday, February 14, 2019 - Sweet Surprise** at 12:30pm. Must sign up by February 11th!

**Wednesday, February 20, 2019 - "National Cherry Pie Day!"** Enjoy some delicious homemade Cherry Pie! Served at 1:30pm. Must sign up by February 18th!

**Friday, February 22, 2019 - "Steps to Health"** with Sheila Gregory at 10:30am. (*\*Please note— NO Bingo this day!*)

**Monday, February 25, 2019 - Mariners Museum in Newport News** and lunch at **Cracker Barrel!** Cost is \$1.00 museum admission and money for lunch. We will leave the center at 10:30am. Must sign up by February 22nd!

## February Birthday's...

Ernestine Everett - 2

Mary Sansome - 17

Lynn Morton - 19

Franklin Fowler - 26



## Laughing with Lorraine...

"Normal is nothing more than a cycle on a washing machine."

-Whoopie Goldberg

# 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

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

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

10:00 Puzzles  
1:00 Card Games  
1:00 Chair Exercises  
*All Day Coloring Pages*

## Special For February...

**Monday, February 4, 2019 - BINGO @ 12:30pm.** Let have some fun and get Bingo going again at the center. Must sign up by February 1st. *(Don't forget to sign up for lunch too!)*

**Wednesday, February 6, 2019 - Birthday Celebration** at 12:30pm.

**Monday, February 11, 2019 - Weight Loss Support Group** at 1:00pm. We meet once a month to discuss tips, recipes, and suggestions for our weight loss journey. You do not have to be on any weight loss diet to participate! Come join in our success!

**Tuesday, February 12, 2019** - Dick Kelley from the **Currituck County Tax office** will be here from 10:00am-1:00pm to assist with listing of property.

**Thursday, February 14, 2019** - Happy Valentines Day! Join us for a "Sweet" trip to **Margie & Rays** for lunch & **Andersons Nursery!** We will leave the center at 9:30am. Cost is shopping and money for lunch. Must sign up by February 8th!

**Monday, February 18, 2019 - Game Day** at 12:30pm! Come out and enjoy board games like **Scrabble, Checkers, Trouble, Clue, Monopoly & more!** Snacks will be provided. Must sign up by February 15th!

**Thursday, February 21, 2019 - BUNCO** from 12:30pm-2:30pm! Get ready for some fun in playing the game that is sweeping the nation! Must sign up by February 14th! *(Don't forget to sign up for lunch too!)*

**Tuesday, February 26, 2019** - In House Movie - **"Bohemian Rhapsody."** This movie is a foot stomping celebration of Queen, their music and their extraordinary lead singer, Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers of the planet! Popcorn will be provided. Time TBA

## February Birthday's...

Larry Etheridge - 7

Jerry Taft - 14

Ron Johnson - 18



### Message from Cheryl...

"All you need is love. But a little chocolate now and then doesn't hurt!"

-Charles M. Schulz

## 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

Cheryl Demo

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!**







# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Roast Beef & Cheese Hoagie, Garden Salad, Fruit, Cookie & Milk
<b>4</b> Smoked Sausage, Cabbage, Baked Beans, Brownie, Milk & OJ	<b>5</b> Meatloaf w/Red Sauce, Mashed Potatoes, Lima Beans, Pineapple, Roll & Milk	<b>6</b> Baked Pork Chop, Scalloped Potatoes, Collards, Roll, Fruit Crisp & Milk	<b>7</b> Chicken & Pastry, Green Beans, Applesauce, Cornbread, Pudding & Milk	<b>8</b> Chicken Salad, Potato Salad, Beets, Crackers, Cake, Milk & OJ
<b>11</b> Oven Fried Chicken, Baked Potato, Okra & Tomatoes, Pineapple, Roll & Milk	<b>12</b> Spaghetti w/Meat Sauce, California Blend Vegetables, Spiced Apples, Garlic Bread, Pudding & Milk	<b>13</b> Salad Bar, Potato, Fruit & Milk  <i>Powell's Point &amp; HD Only-BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit, Crackers &amp; Milk</i>	<b>14</b> Turkey Breast w/ Rice & Gravy, Stuffing, Carrots, Cranberry Sauce, Pudding & Milk  <i>Happy Valentines Day!</i>	<b>15</b> Beef Stew w/ Potatoes, Garden Salad, Roll, Peach Cobbler, Milk & OJ
<b>18</b> Salisbury Steak w/Gravy, Mashed Potatoes, Peas & Carrots, Pineapple, Bread, Milk & Dessert	<b>19</b> Roast Pork w/Gravy, Stewed Potatoes, Succotash, Cornbread, Fruit, Cookie & Milk	<b>20</b> Beef Tips w/Gravy, Brown Rice, Spinach, Peaches, Roll & Milk	<b>21</b> Teriyaki Chicken Stir Fry, Lo Mein Noodles, Broccoli, Bread Stick, Pudding, Milk & OJ	<b>22</b> Cheeseburger, Baked Beans, Cinnamon Apples, Cake & Milk
<b>25</b> Corned Beef Hash w/Potatoes, Cabbage, Roll, Peach Cobbler & Milk	<b>26</b> Baked Ham, California Blend Vegetables, Sweet Potatoes, Pears, Roll & Milk	<b>27</b> Chili w/Beans, Pimento Cheese Sandwich, Broccoli, Jell-O, Milk & OJ	<b>28</b> BBQ Chicken, Macaroni & Cheese, Peas, Cinnamon Apples, Cornbread & Milk	

