



# Currituck County Senior Center's March 2019



**Happy St. Patrick's Day!**

Coming Soon...

## Senior Games...

- Albemarle Senior Games  
March Lineup...**
- March 25th - Alb. Lanes**  
Bowling - Singles  
Billiards
  - March 26th - Alb. Lanes**  
Bowling - Doubles
  - March 27th - Alb. Lanes**  
Bowling - Mixed Doubles
  - March 29th - Alb. YMCA**  
Swimming

## Things to Know...

- FREE AARP Tax Preparation**
- On Thursday's through **April 11th by appointment only** at the Barco Senior Center. Certain filing restrictions apply; please call 252-232-3505 for more information.
- NC 4ALL Statewide Day of Service**
- Friday, March 1st (7AM-7PM), NC lawyers will be available to take calls from the public. This **FREE** event allows people to call in and get their basic legal questions answered. Call-in numbers will be available March 1st.

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

- FREE AARP Tax Preparation** - On Thursday's through **April 11th by appointment only** at the Barco Senior Center. Certain filing restrictions apply; please call 252-232-3505 for more information.
- March 29th- Corolla Seniors 55+** will be heading to the Chrysler Museum in Norfolk. Seniors will be picked up at 9:00am at the Food Lion in Southern Shores. Cost is money for lunch at the Museum. Must sign up with the Corolla Library at 252-453-1496 by Wednesday, March 27th! For additional information please call Stacy Joseph at 252-232-3505.
- Annual Sanctuary Vineyards Spring Social**
- On Saturday, April 13th, 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 \$75 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 at 232-3505.
- 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. \$100 deposit per person due by April 25th.

## Dawn's Words of Wisdom...

*"May luck be your friend in whatever you do,  
and may trouble always be a stranger to you."  
-Unknown*


**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- 12:00 Rag Quilt  
 class \*pre-register  
 10:45 Tai Chi  
 1:00 Dominoes

### Thursday's

8:00-5:00 Billiards  
 9:00-2:00 Tax Prep  
 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 March...

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

**Wednesday, March 6 - Wednesday, April 10, 2019 - A 6 week "Rag Quilt" class** from 10:00am-12:00pm. Must sign up by March 4th! *\*Class is limited*

**Wednesday, March 6, 2019 - Museum of the Albemarle - History For Lunch: "Enemy in Home Waters."** How WWI came home to NC. We will leave the center at 11:00am. Cost is money for lunch at Pizza Hut after Presentation.

**Thursday, March 7, 2019 - Sentara Living Health Presentation - "Warning Signs of Fraud and Scams"** at 10:30am. Those who register before the deadline will receive a free box lunch. Must sign up by March 5th.

**Thursday, March 7, 2019 - The Powell's Point Seniors** will join us for a **"Cake Walk!"** at 12:30pm. *(Cakes will be provided.)*

**Monday, March 11, 2019 - Breakfast & Bingo at Southland Restaurant!** Cost is \$8.00 for breakfast plate (including tax & tip!) We will leave the center at 8:30am. Must sign up by March 7th!

**Friday, March 15, 2019 - In House Movie - "Indivisible,"** is the extraordinary true story of Army Chaplain Darren Turner and his wife Heather, whose lives are fully devoted to serving God, Family and Country. But when war etches deep battle scars - both overseas and on the home front, the Turners rock solid marriage is shaken to the core. Popcorn will be provided. *(Don't forget to sign up for lunch!)* **Movie & Lunch will begin at 11:30am!**

**Monday, March 18, 2019 - Free Craft Class - "Easter Wreaths"** at 12:30pm. Must sign up by March 11th!

**Friday, March 22, 2019 - Spring Craft Market** at the Virginia Beach Convention Center. Cost is \$7.00 admission (bring a can food and receive \$1.00 off!) and money for lunch (location TBA.) We will leave the center at 8:30am. This trip is limited.

**Monday, March 25, 2019 - Monday Afternoon BUNCO & BBQ Dinner!** from 2:00pm-5:00pm. Cost is \$3.00 for prizes. Must sign up and pay by March 20th!

## March Birthday's...

Gayle Hasselbacher - 2  
 Sherrie Payne - 7  
 Leona Aydlette - 12  
 Mark Hatfield - 13  
 Joyce Hines - 14  
 David Thayer - 18  
 Loren Tschohl - 19  
 Rebecca Hall - 21  
 John Hicks - 22  
 Donna Forcht - 30  
 Richard Stricker - 30



## Cooking with Latesa...

### Avocado Pickles

#### **Ingredients:**

1 cup distilled white vinegar  
 1 cup water  
 1/3 cup sugar  
 1 tablespoon kosher salt  
 1 teaspoon crushed red pepper flakes

1 clove garlic, thinly sliced  
 5 sprigs cilantro  
 2 under ripe avocados, peeled and  
 thinly sliced



**Directions:** *In a medium saucepan over medium heat, combine vinegar, water, sugar and salt. Bring to a boil, stirring frequently. When the sugar and salt have dissolved, set aside. In a mason jar, place red pepper flakes, garlic, cilantro, and avocado slices. Pour cooled pickling mixture in to the jar and seal tightly with lid. Refrigerate at least 3 hours before serving.*

[www.delish.com](http://www.delish.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—  
"Irish Coffee"*)

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 3/7*)

1:00 Puzzlers/Coloring  
Pages/Dominos

### Friday's

10:30 Bingo

1:00 Puzzlers/Coloring  
Pages/Dominos

## Special For March...

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

**Thursday, March 7, 2019 - Sentara Living Health Presentation - "Warning Signs of Fraud & Scams"** at the Barco Center. Those who register before the deadline will also receive a free box lunch. We will stay after lunch for a **Cake Walk!** We will leave the center at 9:45am. Must sign up by March 5th!

**Friday, March 8, 2019 - Early Bird Bingo** at 10:00am.

**Friday, March 8, 2019 - Senior Health** w/Amy Underhill at 11:00am.

**Monday, March 11, 2019 - Breakfast & Bingo at Southland!** We will leave the center at 8:15am. Cost is \$8.00 Breakfast plate (including tax & tip!) Must sign up by March 7th!

**Tuesday, March 12, 2019 - Continuing series "Steps to Health" Part 3** w/Sheila Gregory at 10:30am.

**Friday, March 15, 2019 - Wear your green for St. Patrick's Day! "Irish Dinner"** at 12:00pm, including Ham & Cabbage with Potatoes, Celtic Bread Knots and Dessert! Must sign up by March 12th.

**Wednesday, March 20, 2019 - Trip to Cinema Café** to see "**Madea's Family Funeral.**" A joyous family reunion becomes a hilarious nightmare as Madea and the crew travel to backwoods Georgia, where they find themselves unexpectedly planning a funeral that might unveil unsavory family secrets. We will leave the center at 10:30am. Cost is ticket and money for lunch at the theatre. Must sign up by March 11th.

**Monday, March 25, 2019 - Donuts & Coffee with Sheriff Matt Beickert** at 11:00am.

**Friday, March 29, 2019 - "Steps to Health" Part 4** w/Sheila Gregory at 10:30am.

## March Birthday's...

Troy Jones - 22

Rosie Wilkerson - 22



## Laughing with Lorraine...

"O'Halloran," asked the pharmacist, "Did that mudpack I gave you improve your wifes appearance?" "It did surely," replied O'Halloran, "but it keeps fallin' off."

-Unknown



# 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 Coloring Pages*

### Friday's

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

## Special For March...

**Tuesday, March 5, 2019 - Birthday Celebration** at 12:30pm. Join us for Cake & Ice Cream.

**Thursday, March 7, 2019 - Shopping trip to Norfolk Premium Outlets!** We will leave the center by 9:00am. Cost is money for shopping and lunch. Must sign up by March 4th.

**Tuesday, March 12, 2019 - Weight Loss Support Group** at 12:30pm. We meet once a month to discuss tips, recipes and suggestions on our weight loss journey. You do not have to be on any weight loss diet to participate. Come out and join our success!

**Thursday, March 14, 2019 - BINGO** from 12:30-2:00pm! Lets have some fun and get BINGO going at the center again! Please bring a wrapped gift for the prize table. Must sign up by March 11th! Don't forget to sign up for lunch too!

**Thursday, March 21, 2019 - BUNCO** from 12:30-2:00pm. Get ready for some fun in the game that is sweeping the nation! Don't forget to sign up for lunch too! Prizes will be provided. Must sign up by March 18th!

**Friday, March 22, 2019 - Spring Craft Market** at the Virginia Beach Convention Center. We will leave the center at 9:00am. Cost is \$7.00 show admission (bring a canned food item to receive \$1.00 off!) and money for lunch at **Mary's Kitchen**. Must sign up by March 18th!

**Monday, March 25, 2019 - In House Movie - "Murder on the Orient Express."** A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the worlds greatest detective, Hercule Poirot—arrives to interrogate all passengers and search for clues before the killer can strike again. Stars include Johnny Depp, Michelle Pfeiffer and Kenneth Branagh. Popcorn will be provided. Movie starts at 12:30pm.

**Wednesday, March 27, 2019— "Healthy Eating"** w Sheila Gregory (Cooperative Extension) at 10:30am.

## March Birthday's...

Kay Scott - 3                      Martha Burns - 19  
Bonnie Williams - 4            Gary Jones - 19  
Sondra Von Syoc - 12        Sally Boothe - 27  
James Waterfield - 13        Carole May - 30



## Message from Cheryl...

"May your troubles be less and your blessings be more and nothing but happiness come through your door."  
-Irish Blessing





## 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!**

