

# Currituck County Senior Center's May 2019



*Happy Mother's Day!  
Sunday, May 12th*



## Senior Games...

### Albemarle Senior Games May Lineup...

May 7th - NEastern HS  
Tennis

### May 8th - Camden

Cycling  
Track  
Meter Distance Runs  
Long Jump  
Basketball Shoot

May 21st - Edenton  
SilverArts Showcase

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

**Friday, May 10, 2019 - "Mothers Day Tea/Brunch"** at 11:00am. Feel free to bring **1 (one)** guest (spouse/son or daughter). Must sign up by May 9th!

Senior Centers will be **CLOSED Monday, May 27th** in observance for Memorial Day!

**Wednesday, May 29, 2019 - 4 Hour Fishing trip on a head boat in Rudee Inlet!** Cost is \$43.00, plus money for lunch. We will leave the center at 6:15am. All equipment will be provided. Must sign up and pay May 22nd!

### 6 Day/5 Night Trip to "New Hampshire" September 15 - September 20, 2019

Includes 5 nights hotel accommodations, 5 Breakfast & 5 Dinners to include one Scenic Railroad Dinner along the Shores of Lake Winnepesaukee! Also enjoy a Picturesque Boat Cruise on Lake Winnepesaukee, A White Mountains Tour of the Notches and North, A Tour of the "Castle in the Clouds" known as "Lucknow" Mansion, and much more! Cost is \$799.00 per person, double occupancy. A \$100.00 Deposit per person is due by June 10, 2019! (Travel Protection can be purchased for an additional \$92.00 per person, double occupancy.)



## Dawn's Words of Wisdom...

*"Its our choices that show who we truly are, far more than our abilities."  
-Albus Dumbledore*

## What is Elder Abuse?

While most people think that elder abuse solely involves physically hurting an older adult, there are many ways in which an elder adult can be abused. Here are the different types of abuse someone over the age of 60 can face:

- **Physical Abuse**
- **Sexual Abuse**
- **Emotional Abuse**
- **Financial Abuse**

Older Americans become vulnerable either through a lack of mobility or a decreased mental capacity. The abuse can take place in their homes, nursing homes, and other care facilities. One in ten Americans aged 60 or older become the victim of some type of abuse. 60% of these abusers are family members. This abuse can be very harmful. There is a 300 % higher risk of death among abused older adults compared to those who are not abused.

### Elder Abuse Walk

**Friday, May 31, 2019**

*"Stepping out against  
Elder Abuse"* in  
Elizabeth City!

We will leave the senior center at 9:15am. Lunch will be provided. Remember to wear Purple and bring your umbrella! Must sign up by May 14th!



# Currituck Senior Center

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

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



## 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  
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  
9:00 Pickle Ball  
10:30 Dominoes

## Special For May...

**Wednesday, May 1, 2019 - Birthday Celebration** at 12:30pm!

**Wednesday, May 8, 2019 - A trip to "Somerset Place"** in Creswell, NC with the Powells Point Seniors! Somerset Place offers a realistic view of 19th century life on a large North Carolina Plantation. Originally, this unusual plantation included more than 100,000 densely wooded, mainly swampy acres bordering the five by eight mile Lake Phelps, in present day Washington County. During its 80 years as an active plantation (1785-1865), hundreds of acres were converted into high yielding fields of corn, rice, oats, wheat, beans, and flax; sophisticated sawmills turned out thousands of feet of lumber. By 1865, Somerset Place was one the upper South's largest plantations. We will leave the center at 9:00am. Cost is money for lunch, location TBA. Must sign up by May 6th!

**Friday, May 10, 2019 - "Mothers Day Tea/Brunch"** at 11:00am. Feel free to bring **1 (one)** guest (spouse/son or daughter). Must sign up by May 9th!

**Monday, May 13, 2019 - A trip to Cinema Café** in Edinburgh to see **"The Hustle."** Anne Hathaway and Rebel Wilson star as female scam artist, one low rent and the other high class, who team up to take down the dirty rotten men who have wronged them. This is a remake of the 1988 movie "Dirty Rotten Scoundrels." Cost is ticket and money for lunch at the theatre. Time is TBA.

**Thursday, May 16, 2019 - Butterbean Auction** at 11:00am! Bid on your favorite items with butterbeans! (Beans will be provided.)

**Tuesday, May 21, 2019 - Albemarle Senior Games Silver Arts Showcase!** Join us in showing support for our fellow seniors! Cost is \$5.00 admission/Senior Game participants are Free. Light refreshments will be served. We will leave the senior center at 12:45pm. Must sign up and pay by May 13th!

**Friday, May 24, 2019 - "Homemade Soap"** Craft Class at 12:30pm! Cost is \$3.00 for supplies. Must sign up and pay by May 20th!

**Monday, May 27, 2019 - CLOSED** for Memorial Day!

**Wednesday, May 29, 2019 - 4 Hour Fishing trip on a head boat in Rudee Inlet!** Cost is \$43.00, plus money for lunch. We will leave the center at 6:15am. All equipment will be provided. Must sign up and pay May 22nd!

**Friday, May 31, 2019 - Stepping out against Elder Abuse - "Elder Abuse Walk"** in Elizabeth City! We will leave the senior center at 9:15am. Lunch will be provided. Remember to wear Purple and bring your umbrella! Must sign up by May 14th!

## May Birthday's...

Stephanie Schaad - 3

Ginger Sikes - 7

Mildred Schumacher - 11

Sharon Weier - 15

Eve Jurewicz - 16

Stanley Reed - 25

Jo Gregory - 27

Clara Youmans - 28

Dot Weller - 29

Marie Eisenberg - 31

Ida Altman - 31



## Cooking with Latesa...

### Mayo-less Tuna Macaroni

#### Ingredients:

-5 oz can albacore tuna, drained

-1 tbsp capers, drained

1 tbsp extra virgin olive oil

-1 tbsp red wine vinegar

-2 cups arugula

-1 cup cooked pasta

-fresh black pepper

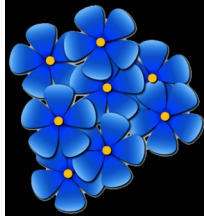
-5 oz fresh shaved parmesan



**Directions:** In a large bowl toss tuna with capers, oil, vinegar, arugula, pasta and pepper. Divide on two plates and top with shaved parmesan.

[www.skinnytaste.com](http://www.skinnytaste.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—  
"Jamaican Blend"*)  
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  
(*Exercise 5/30 only!*)  
1:00 Puzzlers/Coloring  
Pages/Dominos

### Friday's

10:30 Bingo  
1:00 Puzzlers/Coloring  
Pages/Dominos

## Special For May...

**Wednesday, May 1, 2019** - Shopping to trip to **Greenbrier Mall** at 10:30am. Cost is money for lunch at the mall. Must sign up by April 30th!

**Thursday, May 2, 2019** - **Wal-Mart Shopping** trip w/Dottie at 12:30am. Must sign up by April 30th!

**Monday, May 6, 2019** - "**Cinco De Mayo Tacos**" & "**Virgin Margaritas!**" Come celebrate the Mexican Culture! Begins at 12:00pm. Must sign up by May 2nd! (Please note-No Bingo!)

**Tuesday, May 7, 2019** - **Steps to Health** w/Sheila Gregory - Part 5. Begins at 10:30am.

**Tuesday, May 7, 2019** - **Birthday Celebration** at 12:30pm.

**Wednesday, May 8, 2019** - A trip to "**Somerset Place**" in Creswell, NC with the Barco Seniors! Somerset Place offers a realistic view of 19th century life on a large North Carolina Plantation. Originally, this unusual plantation included more than 100,000 densely wooded, mainly swampy acres bordering the five by eight mile Lake Phelps, in present day Washington County. During its 80 years as an active plantation (1785-1865), hundreds of acres were converted into high yielding fields of corn, rice, oats, wheat, beans, and flax; sophisticated sawmills turned out thousands of feet of lumber. By 1865, Somerset Place was one the upper South's largest plantations. We will leave the center at 9:00am. Cost is money for lunch, location TBA. Must sign up by May 6th!

**Friday, May 10, 2019** - "**Mothers Day Tea/Brunch**" at the Barco center. We will leave the center at 9:15am. Must sign up by May 9th!

**Tuesday, May 14, 2019** - **Steps to Health** w/Sheila Gregory - Part 6. Begins at 10:30am.

**Monday, May 27, 2019** - **CLOSED** for Memorial Day!

**Friday, May 31, 2019** - **Steps to Health** w/Sheila Gregory - Part 7. Begins at 10:30am. (Please note - No Bingo!)

## May Birthday's...

Billy Riddick - 10

Joe Ferebee - 15

Ronald Ostrum - 19

Robert Booker - 22



Pocahontas Ivey - 26

Velma Evans - 29

Georgia Donnelly - 31

## Laughing with Lorraine...

"Want your kids to call you on Mothers Day? Post something embarrassing about them on Facebook."

-Maxine



# 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

1:00 Chair Exercises

Available:

Coloring Activity Center

Puzzles

Wii

### Tuesday's

9:00 - 10:00 Walking Club

1:00 Board Games

Available:

Coloring Activity Center

Puzzles

Wii

### Wednesday's

1:00 Chair Exercises

Available:

Coloring Activity Center

Puzzles

Wii

### Thursday's

9:00 - 10:00 Walking Club

11:00 - Card Games

12:00 BOC Mtg. (TV)

Available:

Coloring Activity Center

Puzzles

Wii

### Friday's

1:00 Chair Exercises

Available:

Coloring Activity Center

Puzzles

Wii

## Special For May...

**Wednesday, May 1, 2019 - Birthday Celebration** at 12:30pm! Join us for Cake & Ice Cream!

**Thursday, May 2, 2019 - North Carolina Aquarium Trip!** We will leave the center at 8:00am. Cost is \$11.95 for the aquarium and money for lunch at **Barefoot Bernie's**. Must sign up by April 29th!

**Tuesday, May 7, 2019 - Bingo** 12:30pm-2:00pm! Please bring a gift for the prize table. Must sign up by May 3rd!

**Friday, May 10, 2019 - Mother's Day Tea/Brunch** at the Barco Center at 11:00am. We will leave the center at 9:30am. Must sign up by May 6th!

**Tuesday, May 14, 2019 - Weight Loss Support Group** at 12:30am. 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 out and join our success!

**Thursday, May 16, 2019 - Cotton Gin and Morris Farm Market trip.** We will leave the center at 9:00am. Cost is money for lunch, TBA.

**Monday, May 20, 2019 - Healthy Eating w/ Olivia Jones** from the Cooperative Extension Center at 11:00am. Must sign up by May 15th!

**Friday, May 24, 2019 - Congregate Picnic to celebrate Memorial Day!** Come and enjoy some Fried Chicken, Potato Salad, Baked Beans, Chips, Cookies & Fruit! We will be playing **Corn hole** and **Croquet!** The fun begins at 11:30am. Must sign up by May 17th!

**Monday, May 27, 2019 - CLOSED for Memorial Day!**

**Wednesday, May 29, 2019 - In house movie - "Book Club,"** Starring Dane Keaton, Candice Bergen, Jane Fonda and Mary Steenburgen. Four lifelong friends have their lives changed after reading 50 Shades of Gray in their monthly book club. Movie begins at 12:30pm. *Don't forget to sign up for lunch!*

## May Birthday's...

Paul Demo - 10

Buzzie Williams - 24



## Message from Cheryl...



Be so HAPPY that when others look at you  
they become HAPPY too!

-Starlet

## 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!**

