

Currituck County Senior Center's

June 2021



Summer



Operations...

What has changed:

- Masks are no longer required but are recommended
- All Currituck County Senior Centers have returned to normal operating hours
- Appointments are no longer required for activities/programs
- In-house nutrition has resumed – currently limited to (Mon/Wed/Fri)
- ICPTA has resumed providing transportation to Barco/Powell's Point Senior Centers – currently limited to (Mon/Wed/Fri)

What Restrictions are still in place:

- No day trips
- No large group exercise/dance
- No large "inside" special events
- Safety measures remain - (plexiglass, hand sanitizer stations, off-limit areas, etc.)
- Social distancing is encouraged

We appreciate your patience and support; we look forward to having a completely reinstated program in the months to come.

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

Lets ALL get together!

All sites are welcome to participate in a **June 16th - "Outdoor PICNIC" at the Barco location at 12PM.** Food will be catered from Southland in pre-packaged individual containers and consists of Fried Chicken, Mash Potatoes, Green Beans, Roll, Dessert and Beverage. Varying outdoor games will be set up to enjoy such as: Giant Connect 4, Giant Jinja, Corn Hole, etc. **Seniors may call any site to sign up by June 11th!**

Charleston, SC – 3 Day/2 Night Trip

We are happy to announce plans to finally move forward with our Charleston, SC trip that was previously scheduled for April 2020. We appreciate all previously registered travelers that have seen this trip postponed several times due to the COVID Pandemic. It is our greatest hope to continue to move forward in a positive direction allowing this trip to take place **December 1 – December 3, 2021!**

Trip to include: 2-night hotel accommodations, 2 breakfasts at your hotel and 2 wonderful dinners (the **Charleston Crab House**, located on the beautiful James Island and a dinner cruise on "**The Spirit of Carolina.**") Enjoy a 3-hour cruise and breathtaking views of Charleston Harbor and live entertainment as you dine on a 3-course gourmet meal! Trip also includes a guided tour of historic Charleston, admission to the **Magnolia Planation/Gardens** (owned by the same family for more than 3 centuries, each generation has added their own personal touch to the plantation and gardens, expanding and adding to the variety. *Trip time of year provides a Christmas display in the gardens – Holiday Festival of Lights!*) A visit to the historic **City Market** (one of the nation's oldest public markets.) Cost: \$419 per person/double occupancy; optional \$51 per person travel insurance. **\$100 per person deposit due by August 20th!** **Please call 252-232-3505 to register and get additional details!*

Dawn's Words of Wisdom...

"Be the reason someone smiles today."
-unknown

Help Wanted...

Home Delivered Meals Volunteers!

A Home Delivered Meals Volunteer is the **ONLY** reason we are able to serve Currituck County home bound seniors with a hot meal Monday through Friday every week.

Volunteers play a key role in providing seniors not only with a meal, but offer much needed socialization and smiles! You may be the **ONLY** person that they see all day! Volunteer schedules are flexible to meet our volunteers' needs. The average route requires 1 hour of your time and you can volunteer as little or as often as you want. There are currently 10 routes throughout Currituck County serving approximately 65 Home Bound Seniors.

Currituck Senior Center
(Barco) 232-3505
Powell's Point
491-8173
Knotts Island
429-3231

Alzheimer's/Dementia Caregiver's Support Group Mtg.

Monday, June 14th 1PM
Hertford United
Methodist Church
Contact:
Lynne Raisor 404-7090



Currituck Senior Center

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

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

June Birthday's...

Joanne Dibello - 25
Joyce Lewark - 30



Cooking with Latesa...

Sticky Orange Chicken w/Caramelized Onions & Fennel

Ingredients:

- 1/2 cup toasted sesame oil
- 2 tablespoons grated orange zest, plus 1/2 cup fresh juice
- 6 tablespoons tamari
- 1 tablespoon fresh lime juice
- 2 tablespoons grated fresh ginger
- 3 garlic cloves, minced
- 3 lbs bone in, skin on chicken thighs
- 2 large yellow onions, thinly sliced

Directions: In a large bowl, whisk the sesame oil, orange zest and juice, tamari, lime, ginger and garlic to combine. Add the chicken, onions, fennel; toss to coat. Marinate at least 1 hour or up to 2 days in the refrigerator. Preheat oven to 400 degrees. Transfer chicken, onions and fennel from marinade onto a baking sheet. Arrange the chicken skin side up on top of the onions and fennel, distributing it all evenly. Pour 1/2 cup of the marinade over the chicken, discarding remainder. Roast the chicken, turning the pan once halfway through, until the skin is browned and crisp and the internal temperature of the chicken has reached 165 degrees, 40 to 45 minutes, Garnish with chopped fennel fronds.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8-5 Billiards 8-5 Table Tennis 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	2 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 9:30 Scrabble/ Upwards 10-5 Bridge 10-12 Sewing Rm 12:30 - 5 Card Room	3 8-5 Billiards 8-5 Table Tennis 9-5 Horseshoes 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	4 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 12:30 - 5 Card Room
7 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 11 CAKE WALK (cakes will be provided) 10-12 Sewing Rm 11-12 Bingo 12:30 - 5 Card Room	8 8-5 Billiards 8-5 Table Tennis 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	9 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 9:30 Scrabble/ Upwards 10-5 Bridge 10-12 Sewing Rm 12:30 - 5 Card Room	10 8-5 Billiards 8-5 Table Tennis 9-5 Horseshoes 10-12 Art Room 11 Exercise Tape 12-3 SHREDDING sponsored by LGFCU (parking lot) 12:30 - 5 Card Room	11 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 12:30 - 5 Card Room
14 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 11-12 Bingo 12:30 - 5 Card Room	15 8-5 Billiards 8-5 Table Tennis 10-12 Art Room 11 Exercise Tape 11-12 Roundtable w/ Director *Deadline 6/11 12:30 - 5 Card Room	16 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 9:30 Scrabble/ Upwards 10-5 Bridge 10-12 Sewing Rm 12 - "PICNIC— food/ outdoor Games (Deadline 6/11) 12:30 - 5 Card Room	17 8-5 Billiards 8-5 Table Tennis 9-5 Horseshoes 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	18 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 12:30 - 5 Card Room (Fathers Day Candy— participants only)
21 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 11-12 Bingo 12:30 - 5 Card Room 1-2 Make "Herb Mugs" w/Shelia Gregory— Cooperative Ext. (Deadline 6/17)	22 8-5 Billiards 8-5 Table Tennis 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	23 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 9:30 Scrabble/ Upwards 10-5 Bridge 10-12 Sewing Rm 12:30 - 5 Card Room	24 8-5 Billiards 8-5 Table Tennis 9-5 Horseshoes 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	25 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 12:30 - 5 Card Room
28 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 10-12 Sewing Rm 11-12 Bingo 12-2 MOVIE -MIDWAY" w/Denis Quaid & Woody Harrelson 12:30 - 5 Card Room	29 8-5 Billiards 8-5 Table Tennis 10-12 Art Room 11 Exercise Tape 12:30 - 5 Card Room	30 8-5 Billiards 8-5 Table Tennis 9-11 Pickleball 9:30 Scrabble/ Upwards 10-5 Bridge 10-12 Sewing Rm 12:30 - 5 Card Room		

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

June Birthday's...

Judy Phillips - 4
Dee Riddick - 10
Mary Oiver - 24
Gigi Hendricks - 24
Thelma Mills - 30
Claudia Parker - 30



Laughing with Lorraine...

"You can tell what the best year of your father's life was, because they seem to freeze that clothing style and ride it out."
-Jerry Seinfeld



Monday	Tuesday	Wednesday	Thursday	Friday
	1 8-9:30 Chat w/ Lorraine 9:30-11 Book Corner (bring your book!) 2-3 Veggie Bingo w/ Sheila Gregory	2 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Bingo	3 8-9:30 Chat w/ Lorraine 10-10:30 Chair Drumming Fitness 1-3 Checkers & Games	4 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Mystery Bingo
7 8-9:30 Chat w/Lorraine 9:30-11 TV Time 1-3 Bingo	8 8-9:30 Chat w/ Lorraine 9:30-11 Book Corner (bring your book!) 2-3 Craft-Oatmeal Facial (June is skincare month)	9 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Bingo	10 8-9:30 Chat w/ Lorraine 10-10:30 Chair Drumming Fitness 1-3 Checkers & Games	11 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Mystery Bingo
14 8-9:30 Chat w/Lorraine 9:30-11 TV Time 1-3 Bingo	15 8-9:30 Chat w/ Lorraine 9:30-11 Book Corner (bring your book!)	16 8-9:30 Chat w/ Lorraine 9:30-11 TV Time "PICNIC— food/ outdoor Games (deadline 6/11) *Starts at 12PM	17 8-9:30 Chat w/ Lorraine 10-10:30 Chair Drumming Fitness 1-3 Checkers & Games	18 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Mystery Bingo
21 8-9:30 Chat w/Lorraine 9:30-11 TV Time 1-3 Bingo	22 8-9:30 Chat w/ Lorraine 9:30-11 Book Corner (bring your book!) 1-3 Craft "Homemade Heating Bags"	23 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Bingo	24 8-9:30 Chat w/ Lorraine 10-10:30 Chair Drumming Fitness 1-3 Checkers & Games	25 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Mystery Bingo
28 8-9:30 Chat w/Lorraine 9:30-11 TV Time 1-3 Bingo	29 8-9:30 Chat w/ Lorraine 9:30-11 Book Corner (bring your book!) 2-4 Book & Video Grab (outside— weather permitting)	30 8-9:30 Chat w/ Lorraine 9:30-11 TV Time 1-3 Bingo		

Knotts Island Senior Center



126 Brumley Rd
Knotts Island, NC 27950
252-429-3231

Hours of operation: Mon.-Fri. 9:00AM-3:30PM

June Birthday's...

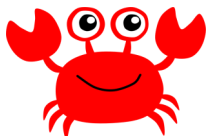
- Myrtle Grimes - 9
- Cliff Scott - 12
- Jay Taylor - 14
- Peggy Waterfield - 17
- Judy Peters - 23
- Dale Johnson - 24



"You must remember this..." with Mari Mann

"I am big! It's the pictures that got small."

*-Gloria Swanson as Norma Desmond in
Sunset Boulevard, 1950.*



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Weight loss/Wellness mtg (mtg./walk)	2 9:30 Walking Group 10-11 Chi Yoga 1-3 Adult Aprons/Veteran Project	3 9:30 Walking Group 10-11 Yoga for Arthritis 1-3 Bingo Time!	4 9:30 Walking Group 10-11 Chi Yoga 1-3 National Donut Day! (Donuts in the park)
7 9:30 Walking Group 10-11 Chi Yoga 1-3 Rag Rug Weaving (using old sheets, pillowcases, etc. on cardboard loom)	8 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Weight loss/Wellness mtg (mtg./walk)	9 9:30 Walking Group 10-11 Chi Yoga 1-3 Adult Aprons/Veteran Project	10 9:30 Walking Group 10-11 Yoga for Arthritis 1:30-3 Rag Rug Weaving	11 9:30 Walking Group 10-11 Chi Yoga 1-3 Movie "Silk Stockings" w/Fred Astaire & Cyd Charisse
14 9:30 Walking Group 10-11 Chi Yoga 1-3 Ricotta Cheese Demo (made from Milk and whey - samples to take home)	15 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Weight loss/Wellness mtg (mtg./walk)	16 9:30 Walking Group 10-11:45 Chi Yoga "PICNIC— food/outdoor Games (deadline 6/11) BARCO *Starts at 12PM	17 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Book Club: Stories from the Other World by Mari Mann	18 9:30 Walking Group 10-11 Chi Yoga 1-3 Croquet Time
21 9:30 Walking Group 10-11 Chi Yoga	22 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Weight loss/Wellness mtg (mtg./walk)	23 9:30 Walking Group 10-11 Chi Yoga 1-3 Adult Aprons/Veteran Project	24 9:30 Walking Group 10-11 Yoga for Arthritis 1-3 Island Dabblers Paint Party (Learn to paint w/Acrylics, Watercolors & Oils)	25 9:30 Walking Group 10-11 Chi Yoga 1-3 Movie "Open Range" w/Robert Duvall, Annette Bening & Kevin Costner
28 9:30 Walking Group 10-11 Chi Yoga	29 9:30 Walking Group 10-11 Yoga for Arthritis 1-2 Weight loss/Wellness mtg (mtg./walk)	30 9:30 Walking Group 10-11 Chi Yoga 1-3 Adult Aprons/Veteran Project		

Meet the Staff...

Stacy Joseph

Director - Currituck County Senior Center's

Dawn Hamilton

Admin. Supervisor

Latesa Moore

Site Manager/Nutrition - Barco

Lorraine Fitchett

Site Manager - Powell's Point

Mari Mann

Site Manager - Knotts Island

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
- Wet Paint Society
- Musical entertainment
- Sr. Games Participation
- Are you OK Program
- CDSMP, DSMP, Tai-Chi for Arthritis & Walk with Ease Programs
- "Walking Paws" Volunteer Program
- Assistance and Referrals
- Volunteer Opportunities
- Much More!

Stay Informed:

www.currituckgovernment.com

Questions:

Stacy.Joseph@CurrituckCountyNC.Gov

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!

