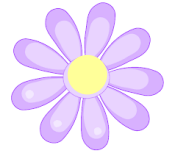




# Currituck County Senior Center's

## April 2025



**Happy Easter!**



### Senior Games...

#### 2nd - Pickleball Doubles

Currituck Senior Center

#### 3rd - Pickleball Mixed

Doubles/Singles

Currituck Senior Center

#### 15th - Field Sports/ Basketball /Table Tennis

Perq. Co. Community Ctr.

#### 21st - Bocce Women

Albemarle Plantation

#### 23rd - Bocce Men

Albemarle Plantation

#### 25th - Swimming

Albemarle Family YMCA

#### 29th - Tennis

Elizabeth St. Tennis Courts

### Ready...Set...Go...

#### Vermont

September 14 - September 19, 2025

Enjoy a 6 Day/5 night trip to beautiful Vermont! Visit the **Trapp Family Lodge** to include a tour of the grounds and amenities of the von Trapp Family Inn; home to the family that inspired "The Sound of Music." Admission to the **New England Maple Museum** to learn the process of making real maple syrup! Tour the **Vermont Teddy Bear Factory**, Visit **Ben & Jerrys Ice Cream Factory** and Explore **Downtown Burlington** and the **Church Street Marketplace** & More! Enjoy 5 breakfast at your hotel and 3 wonderful dinners including a **Dinner Cruise on Scenic Lake Champlain!** Cost: **\$1099.00 per person, double occupancy!** Travel Insurance is available upon request. **\$100 deposit per person is due by May 16th!**

*\*Please call/stop by the Senior Center prior to mailing a deposit to ensure your space on the list.*

### Support...

#### Alzheimer's Caregiver Support Group

The support group meets on the 3rd Thursday of each month at 10:30am. Meetings take place at the Currituck Senior Center in Barco. The support group is only for caregivers of those with Alzheimer's/Dementia. You may call the senior center at 232-3505 or email the group facilitator Ellie Galloway at [elliegalloway1105@gmail.com](mailto:elliegalloway1105@gmail.com) for more information.

### Welcome...

We would like to welcome Brenda to the Currituck Aging/Senior Services team! Brenda is the new Site Manager at the Knotts Island Senior Center! Please stop by the Knotts Island Senior Center on **Tuesday, April 1st** to say Hi to Brenda! Refreshments will be served!

### Donations...

We gladly accept donations throughout the year for varying activities, outreach opportunities, and specific seasonal drives. We appreciate all that the community does to help support one another. We please ask that donations are donated only during operational hours and to please call ahead to ensure it is a donation that we can accept.

*\*Please **DO NOT** leave donations on porches, ramps, or by doors of county buildings.*

#### Parkinson's Support Group

Group meetings take place every 2nd Thursday of the month at the Currituck Library in Barco at 2pm!

Questions:  
Call Jennifer  
252-220-2929

### Dawn's Words of Wisdom...

"To plant a garden, is to believe in tomorrow."  
-Audrey Hepburn



## Everyday...

### Monday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickleball  
10-12 Sewing Room  
11-12 Bingo  
12:30-5 Card Room

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

### Tuesday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickleball  
11 Exercise Tapes  
12:30 Mexican Dominoes  
12:30-5 Card Room

### Wednesday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickleball  
9:30 Scrabble/Upwards  
10-12 Sewing Room  
11 Bell Choir  
12:30-5 Card Room  
*\*Book Club 16th - 10am*

### Thursday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickleball  
11 Exercise Tapes  
11 Bingo  
12:30-5 Card Room  
*\*Alz. Support Group 17th -10:30am*

### Friday's

8-5 Billiards  
8-5 Table Tennis  
9 Pickle Ball  
10-12 Sewing Room  
12:30-5 Card Room



## Currituck Senior Center

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

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



## Special for April...

**Wednesday, April 2, 2025 - Birthday Celebration** at 12:30pm.

**Tuesday, April 8, 2025 - Craft Class "Painting Wooden Spring Ornaments"** at the Moyock Library. We will leave the center at 2:30pm. **Deadline: April 3rd!**

**Thursday, April 10, 2025 - Tides Baseball Game** at 10:30am! Cost: \$17 ticket and \$.75 parking (cash) and money for lunch at the ballpark. *\* Please note that we will be taking the small bus on this trip. We will be offering a total of 4 tides games over the season: Short bus - 1 day and 1 night game/big bus - 1 day and 1 night game (if needed)* **Deadline to sign up and pay: April 7th!**

**Tuesday, April 15, 2025 - "The Spirit of Wilbur Wright"** Reenactment performed by Paul Carr at 10:30am! Paul Carr is a retired international airline Captain for Delta Airlines and Air Force Colonel. He has over 40 years of aviation experience. Appearing as Wilbur Wright, he describes how his life growing up in Dayton, Ohio, the influence of his parents, and the close relationship with his brother Orville combined to forge a path for the Wright Brother's historical achievements. You will hear and see how the brothers overcame personal tragedy, applied common sense to scientific research, and persevered through failure, danger, and disappointment to solve man's age-old dream to fly. In the end Wilbur gives a you-were-there account of the December 17, 1903 Miracle at Kitty Hawk. *Wilbur does not charge for his visits but gifts to his favorite charity, Miracle League of The Triangle (charity that allows anyone with disabilities or IEP to play baseball) are appreciated. If you would like to make a donation please contact the charity directly at 919-238-0333 or visit mltriangle.com for more information.* **Deadline: April 11th!**

**Thursday, April 17, 2025 - "Making your own indoor Herb Garden"** w/Sheila Gregory at 1pm. **Deadline: April 14th!**

**Wednesday, April 23, 2025 - Cooking Class "Banana Pudding"** at 2pm! *(class is limited!)* **Deadline: April 21st!**

**Thursday, April 25, 2025 - "Footloose"** at Sandler Center *(\*previously advertised and Full)*

**Monday, April 28, 2025 - Monday Night Bunco & Dinner** from 2-5pm! Cost: \$3 (prizes) **Deadline to sign up and pay: April 24th!**

**Tuesday April 29, 2025 - "Tech 101"** Learning Technology with Bradley Yates from Albemarle Commission at 10:30am. Limited 101 appointments after presentation will be offered and scheduled based off order of sign-up. **Deadline: April 28th!**

**Wednesday, April 30, 2025 - Trip to the Wright Bothers National Memorial** at 10:15am. Cost: \$4 (entrance into the park) and money for lunch at **High Cotton!** *Please note that an additional day will be scheduled on May 1st if there is enough interest.*

**Deadline to sign up and pay: April 25th!**

## April Birthday's...

Rob Wetzel - 2nd	April Thorpe - 18th
Carolyn Inman - 7th	Merlita Miguel - 30th
Donna Sawyer - 7th	
Sandra Kay - 12th	
Delores Myers - 15th	
Pat Ricks - 15th	



## Cooking with Latesa...

### Ingredients:

- 1- 12oz. bag white chocolate chips
- 1- 14oz. can sweetened condensed

**Directions:** Place chocolate chips in a microwavable bowl. Melt in 30 sec. intervals, stirring between until fully melted and smooth. Stir in sweetened condensed milk and vanilla extract. Fold in jelly beans. Spread into a greased 8x8 baking dish. Refrigerate until set. Cut into small squares and store in an airtight container in freezer until serving. [www.freshlyhomecooked.com](http://www.freshlyhomecooked.com)

### Jelly Bean Fudge

- milk
- 1 tsp vanilla extract
- 1 cup jelly beans



# Powells 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

8-10 Coffee & Chat  
9-12 Dominoes

### Tuesday's

8-10 Coffee & Chat  
9:30-11 Book Corner  
1-3 Checkers & Games

### Wednesday's

8-10 Coffee & Chat  
9-12 Dominoes  
1 Exercise & Bingo  
(No class 30th!)

### Thursday's

8-10 Coffee & Chat  
11- Exercise Ball  
Drumming (Level I)  
1-3 Puzzles/Checkers/  
Adult Coloring Books

### Friday's

8-10 Coffee & Chat  
9-12 Dominoes  
1 Bingo  
(No Bingo 18th!)

## Special For April...

**Tuesday, April 1, 2025 - Birthday Celebration** at 12:30pm!

**Monday, April 7, 2025 - *Mystery Trip*** at 10:30am! Who knows where we will end up! Cost: money for lunch and shopping!

**Deadline: April 4th!** \*PLEASE NOTE—WALKING TRIP (Med level)

**Tuesday, April 8, 2025 - Craft Class "Sock Bunnies"** at 1pm! Spring has sprung! We are making cute little bunnies for the season!

**Deadline: April 4th!**

**Thursday, April 10, 2025 - Cooking with Herbs w/Sheila Gregory** at 1pm! (*Rescheduled from March!*)

**Tuesday, April 15, 2025 - "The Spirit of Wilbur Wright"** Reenactment performed by Paul Carr at the Barco center. We will leave Powells Point center at 10am! Paul Carr is a retired international airline Captain for Delta Airlines and Air Force Colonel. He has over 40 years of aviation experience. Appearing as Wilbur Wright, he describes how his life growing up in Dayton, Ohio, the influence of his parents, and the close relationship with his brother Orville combined to forge a path for the Wright Brother's historical achievements. You will hear and see how the brothers overcame personal tragedy, applied common sense to scientific research, and persevered through failure, danger, and disappointment to solve man's age-old dream to fly. In the end Wilbur gives a you-were-there account of the December 17, 1903 Miracle at Kitty Hawk. *Wilbur does not charge for his visits but gifts to his favorite charity, Miracle League of The Triangle (charity that allows anyone with disabilities or IEP to play baseball) are appreciated. If you would like to make a donation please see contact the charity directly at 919-238-0333 or visit mltriangle.com for more information.* **Deadline: April 11th!**

**Monday, April 21, 2025 - In house movie - "She's the Man!"** at 12:30pm! When her twin brother decides to ditch school for a couple weeks, Viola heads over to his elite boarding school, disguised as him, so she can play soccer and proceeds to fall for his school's star soccer player, and soon learns she's not he only one with romantic troubles. Starring Amanda Bynes and Channing Tatum. Soda and popcorn will be served!

**Wednesday, April 30, 2025 - Trip to Wright Brothers National Memorial** with the Barco seniors at 10:45am! Cost: \$4 (entrance into the park) and money for lunch at **High Cotton!** **Deadline to sign up and pay: April 25th!**

## April Birthday's...

Regina Colwell - 4th  
Michael Parker - 9th



## Laughing with Lorraine...

Did you hear the one about the gardener who couldn't wait for spring? He was so excited he wet his plants!

-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

9:30 Walk in the Park

10 Puzzles/Games

### Tuesday's

10 Puzzles/Games

### Wednesday's

9:30 Walk in the Park

10 Puzzles/Games

### Thursday's

10 Puzzles/Games

### Friday's

10 Puzzles/Games

## Special For April...

**Tuesday, April 1, 2025 - "Welcome Brenda" open house.** Stop by throughout the day and meet our newest team member! Refreshments will be served!

**Friday, April 4, 2025 - Card Making w/Pastor Diana** at 11am! We will be making Easter and Spring cards!

**Tuesday, April 8, 2025 - Birthday Celebration** at 1pm!

**Friday, April 11, 2025 - Trip to VB's Spring Craft Market** at 9:30am! Features 150 fine artists and craftspeople from across the nation, at the Virginia Beach Convention Center. Cost: \$8 admission and money for lunch at the Market. *(Receive \$1 off admission by bringing a canned food donation for Food Bank of Southeastern Virginia.)* **Deadline: April 8th!**

**Tuesday, April 15, 2025 - "The Spirit of Wilbur Wright"** Reenactment performed by Paul Carr at the Barco center! We will leave Knotts Island center at Powells Point center at 9am! Paul Carr is a retired international airline Captain for Delta Airlines and Air Force Colonel. He has over 40 years of aviation experience. Appearing as Wilbur Wright, he describes how his life growing up in Dayton, Ohio, the influence of his parents, and the close relationship with his brother Orville combined to forge a path for the Wright Brother's historical achievements. You will hear and see how the brothers overcame personal tragedy, applied common sense to scientific research, and persevered through failure, danger, and disappointment to solve man's age-old dream to fly. In the end Wilbur gives a you-were-there account of the December 17, 1903 Miracle at Kitty Hawk. *Wilbur does not charge for his visits but gifts to his favorite charity, Miracle League of The Triangle (charity that allows anyone with disabilities or IEP to play baseball) are appreciated. If you would like to make a donation please see contact the charity directly at 919-238-0333 or visit mltriangle.com for more information.*

**Deadline: April 11th!**

**Wednesday, April 23, 2025 - Card & Game Day** at 11am! We'll play Uno, Bingo & more! Don't forget to sign up for lunch!

**Tuesday, April 29, 2025 - In-house movie "Someone like You" (2024)** at 12pm! Shocking news hits when young architect Dawson loses his best friend London. In his heartbreak, Dawson is compelled to launch an impossible search for London's secret twin sister who was separated from her when they were still embryos. But along the way, Dawson never planned to fall in love...

## April Birthdays...

Fred Waterfield - 22



"Did you know?" ...



## ***We also offer...***

- Congregate Meals
- HD Meals
- Educational Speakers
- Exercise Programs
- Exercise Equipment
- Puzzles
- Games
- Bingo
- Indoor Sports
- Outdoor Sports
- Monthly Day trips
- Charter Bus 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.CurrituckCountyNC.gov**

*Questions:*

**Stacy.joseph@CurrituckCountyNC.Gov**

## ***Meet the Staff...***

Stacy Joseph

Aging/Senior Services Director

Dawn Hamilton

Administrative Supervisor

Latesa Moore

Site Manager/Nutrition - Barco

Lorraine Fitchett

Site Manager - Powells Point

Brenda Twiford

Site Manager - Knotts Island

## ***Statement of Purpose***

Senior Centers are 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  
Senior Services 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!***







# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	<b>2</b> Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	<b>3</b> Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	<b>4</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
<b>7</b> Smoked Sausage on Bun, Baked Beans, Baked, Apples, Pudding & Milk	<b>8</b> Chef Salad, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	<b>9</b> BBQ Chicken Thigh, Mac & Cheese, Peas, Peaches, Corn Muffin, Milk	<b>10</b> Lasagna w/Ground Beef, California Blend Vegetables, Corn, Garlic Bread, Peach Cobbler, Milk & Juice	<b>11</b> Chicken Salad on Lettuce Bed, Pasta Salad, Broccoli Salad, Crackers, Fruit, Cake & Milk
<b>14</b> Ham, Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	<b>15</b> Fish Sandwich, Green Beans, Blueberry Crisp, & Milk	<b>16</b> Oven Fried Chicken Breast, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	<b>17</b> Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	<b>18</b>  <b>CLOSED</b> <b>GOOD FRIDAY!</b>
<b>21</b> Turkey Breast w/Gravy, Carrots, Mac & Cheese, Baked Apples, Roll, Pudding & Milk	<b>22</b> Chicken Salad on Lettuce Bed, Pasta Salad, Cucumber & Tomato Salad, Crackers, Grapes, Milk & Juice	<b>23</b> Cheeseburger, Green Beans, Apple Crisp & Milk	<b>24</b> Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	<b>25</b> BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
<b>28</b> Spaghetti w/ Meat Sauce, California Blend Vegetables, Breadstick, Pudding, Fruit & Milk	<b>29</b> Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	<b>30</b> Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk		

