

# Currituck County Senior Center's

## May 2025



**Happy Mother's Day!**  
**Sunday, May 11th**



**We will be Closed on**  
**Memorial Day!**  
**Monday, May 26th**



### Senior Games...

#### 5th - Cycling

Camden Community Park

#### 6th - Track and Field

Camden Community Park

#### 8th - Golf

Mulberry Hill - Chowan Co.

#### 22nd - SilverArts

Edenton United Methodist Church

### 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.*

The **Senior Center Bell Choir** will be performing at Central Elementary School on May 19th and at Elizabeth City Health & Rehab on May 23rd!

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

"Be there for others, but never leave yourself behind."  
~ Dodinsky

### 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.

#### 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

## 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 21st - 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  
15th - 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 May...

**Tuesday, May 6, 2025** - Shopping Trip to the **Norfolk Outlets** at 10:30am. Cost: money for lunch at the outlets!

**Wednesday, May 7, 2025** - **Birthday Celebration** at 12:30pm!

**Friday, May 9, 2025** - **Mother's Day Luncheon** at 11am! Enjoy Sandwiches, sides & dessert! Mothers may bring **one adult guest**. *Must register guest at time of sign up! **Deadline: May 2nd!***

**Tuesday, May 13, 2025** - Robert Cain, **Veterans Services** Officer for Currituck/Camden will be here to do a presentation on services available for our veterans and how to access help at 10:30am. **Deadline: May 9th!**

**Thursday, May 15, 2025** - **Tides Baseball Game** at 10:30am! Cost: \$17 ticket and \$.75 parking (cash) and money for lunch at the ballpark! \* Please note most food vendors do not accept cash. **Deadline to sign up and pay: May 13th!**

**Thursday, May 22, 2025** - **Albemarle Senior Games Performing Arts Showcase** in Edenton. We will leave the center at 12:45pm. Light refreshments will be served. **Deadline: Wednesday, May 14th!**

**Wednesday, May 28, 2025** - **Painting w/Don at the Moyock Library** at 1:30pm. Class is limited! **Deadline: May 19th!**

**Thursday, June 5, 2025** - **World Elder Abuse Awareness Day (WEAAD) Walk!** The walk begins at the Pasquotank County Courthouse and ends at Mariners Warf Park. Exhibitors will be on hand to provide valuable information. Lunch is provided. We will leave the center at 9:30AM. \*You can pre-purchase a Purple WEAAD T-Shirt for \$10. Please see county staff for details. **Deadline: May 9th!**

## May Birthday's...

Fred Peterson - 4th  
Wayne McClanan - 7th  
Ginger Sikes - 7th  
Carol Keaton - 10th  
Jewell Varga - 17th  
Donald Younkin - 17th  
Barabra Courtney - 27th  
Linda Kimbro - 28th  
Clara Youmans - 28th  
Dot Weller - 29th  
Marie Eisenberg - 31st



## Cooking with Latesa...

### **Spinach & Feta Portobello Mushrooms**

#### **Ingredients:**

- 4 large portobello mushrooms
- 1/2 cup fresh spinach leaves, chopped
- 1/2 cup crumbled feta cheese
- 1 tbs olive oil
- 1 clove minced garlic
- Salt & Pepper to taste
- Fresh parsley, chopped (optional)

**Directions:** Preheat oven to 375 degrees. Mix together spinach, feta and garlic. Stuff each mushroom cap with mixture, dividing evenly. Drizzle with olive oil and season with salt and pepper. Bake on a baking sheet lined with parchment paper for 15-20 minutes, or until golden brown.

[www.simplyfamilyrecipes.com](http://www.simplyfamilyrecipes.com)



## 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

#### Thursday's

8-10 Coffee & Chat  
11- Exercise Ball  
Drumming (Level I)  
**(No class the 1st!)**  
1-3 Puzzles/Checkers/  
Adult Coloring Books

#### Friday's

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

### Special For May...

**Thursday, May 1, 2025 - "Powells Point Kentucky Derby"** at 1pm! Join the fun and wear your fanciest hat as we race horses and enjoy nonalcoholic Mint Juleps! The winner of our derby gets a prize! **Deadline: April 28th!**

**Monday, May 5, 2025 - "Cinco Dey Mayo" Celebration** at 12pm! Cinco Dey Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War! In celebration we will be having a Taco Bar for lunch! **Deadline: May 2nd!**

**Tuesday, May 6, 2025 - Birthday Celebration w/Banana Splits** at 12:30pm! **Deadline: May 2nd!**

**Friday, May 9, 2025 - Mother's Day Luncheon at Barco!** Enjoy Sandwiches, sides & dessert! Mothers may bring one adult guest. *Must register guest at time of sign up!* We will leave the center at 10:15am. **Deadline: May 2nd!**

**Monday, May 12, 2025 - National Nutty Fudge Day** at 12:30pm! Let's enjoy some delicious homemade fudge with nuts following lunch! **Deadline: May 8th!**

**Tuesday, May 13, 2025 - Farmer's Market Shopping with Knotts Island Seniors!** Knotts Island seniors will be joining us for lunch at *Southland*, then onto to some local farmer's markets for fresh fruits and veggies! We will leave the center at 10:30am. Cost is money for lunch and shopping. **Deadline: May 12th!**

**Tuesday, May 20, 2025 - Trip to Somerset Place** at 10am! From Somersets earliest days through the end of the Civil War, people of different races, legal and economic status lived on the property. A labor force of almost 200 men, women and children was assembled before 1790. They were black and white, enslaved and free. Over the life of the plantation, three generations of owners, around 50 white employees, two free black employees, and more than 850 enslaved people lived and worked on the plantation. Cost is money for lunch at *"Good Times Tavern & Restaurant."* **Deadline: May 16th!**

### May Birthday's...

Scott Gutherie - 7th  
Lisa Ward - 23rd  
Alisa Hugdahl - 26th



### Laughing with Lorraine...

"What did the mommy spider say to the baby spider?"  
"You spend too much time on the web."

# 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

9:30 Walk in the  
Park  
11 Drumming  
Exercise

### Wednesday's

9:30 Walk in the  
Park  
10 Puzzles/Games

### Thursday's

9:30 Walk in the  
Park  
10 Puzzles/Games

### Friday's

09:30 Walk in the  
Park  
10 Puzzles/Games

## Special For May...

**Monday, May 5, 2025 - Celebrate "Cinco De Mayo"** with lunch at **Senor Fox** following a trip to **Andersons Garden Center** for spring planting needs at 10am! Cost: money for lunch. **Deadline: May 1st!**

**Thursday, May 8, 2025 - Sewing Class w/Debbie** at 10:30am! Create a document folder using placemats! All Supplies provided. **Deadline: May 6th!**

**Friday, May 9, 2025 - Mother's Day Luncheon at Barco!** Enjoy Sandwiches, sides & dessert! Mothers may bring **one adult guest!** *Must register guest at time of sign up!* We will leave the center at 9:45am. **Deadline: May 2nd!**

**Tuesday, May 13, 2025 - Farmer's Market Shopping with Powells Point Seniors!** Powells Point Seniors will be joining us for lunch at *Southland*, then onto some local farmer's markets for fresh fruits and veggies. We will leave the center at 10:45am. Cost: money for lunch and shopping. **Deadline: May 9th!**

**Friday, May 16, 2025 - Card making w/Pastor Diana** at 11am! We will be making birthday cards! **Deadline: May 13th!**

**Tuesday, May 20, 2025 - Birthday Celebration** at 1pm!

**Wednesday, May 21, 2025 - Bonsai Care Class w/ Pete the Bonsai Guy** at 1pm! Learn to grow and train your Bonsai trees for summer growth and blooming!

**Friday, May 23, 2025 - Scrapbooking w/Pastor Diana** at 11am! **Deadline: May 20th!**

**Wednesday, May 28, 2025 - Card & Game Day** at 11am! We'll play Uno, Bingo & more! Don't forget to sign up for lunch!

## May Birthdays...

Paul Demo - 10th  
Mari Mann - 20th  
Buzzy Williams - 24th



## "Did you know?" ...

The month of May was originally named  
for the Greek goddess Maia.

## *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!***





# May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	<b>2</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk
<b>5</b> Smoked Sausage on Bun, Baked Beans, Baked Apples, Pudding & Milk	<b>6</b> Chef Salad, Macaroni Salad, Pineapple, Crackers, Cookie & Milk	<b>7</b> BBQ Chicken Thigh, Mac & Cheese, Peas, Peaches, Corn Muffin, Milk	<b>8</b> Lasagna w/Ground Beef, California Blend Vegetables, Corn, Garlic Bread, Peach Cobbler, Milk & Juice	<b>9</b> Chicken Salad on Lettuce Bed, Pasta Salad, Broccoli Salad, Crackers, Fruit, Cake & Milk
<b>12</b> Ham, Cabbage, Au Gratin Potatoes, Pineapple, Cornbread, Cake & Milk	<b>13</b> Fish Sandwich, Green Beans, Blueberry Crisp, & Milk	<b>14</b> Oven Fried Chicken Breast, Macaroni Salad, Broccoli, Pears, Roll, Cake & Milk	<b>15</b> Turkey Salad, Cottage Cheese, Potato Salad, Pears, Crackers & Milk	<b>16</b> Hamburger Steak w/Gravy, Rice, Peas & Carrots, Roll, Fruit, Brownie & Milk
<b>19</b> Turkey Breast w/Gravy, Carrots, Mac & Cheese, Baked Apples, Roll, Pudding & Milk	<b>20</b> Chicken Salad on Lettuce Bed, Pasta Salad, Cucumber & Tomato Salad, Crackers, Grapes, Milk & Juice	<b>21</b> Cheeseburger, Green Beans, Apple Crisp & Milk	<b>22</b> Roast Beef & Cheese Hoagie, Tossed Salad, Fruit Cocktail, Cake & Milk	<b>23</b> BBQ Sandwich, Coleslaw, Buttered Potatoes, Fruit & Milk
<b>26</b> <b>CLOSED</b> 	<b>27</b> Tuna Salad, Macaroni Salad, Cucumber Salad, Crackers, Cookie, Milk & OJ	<b>28</b> Pork Chop, Au Gratin Potatoes, Broccoli Salad, Pineapple, Cornbread, Jello & Milk	<b>29</b> Open Faced Hot Roast Beef & Cheese Sub, Mashed Potatoes w/Gravy, Fruit Cocktail, Tossed Salad, Cake & Milk	<b>30</b> Chicken Breast w/Gravy, Broccoli & Rice Casserole, Bread, Fruit, Cake & Milk