

Currituck County Senior Center

February 2012

WHAT'S INSIDE??

- Lunch Program & Recipe Of the month
- Activity Calendar
- Organized Games
- Social Programs
- Exercise Equipment
- Vial of Life
- Senior Center information
- February's Lunch Menu

PLEASE NOTE :

We are all moved in to our new home at 130 Community Way in Barco!

**Our Phone number is the SAME 252-232-3505.

**Our NEW Fax Number is 252-453-0331.

We now offer Billiards...3 days a week!
Please stop by or call to see the Billiard schedule.

FEBRUARY BIRTHDAYS

4 - DORIS WHITE

6 - SUIAN GREEN &
LINDA CARLISLE

11 - DON BAILEY

18 - JANET LAMMIE

21 - JOE GILLIGAN

25 - DORIS FLORA
& JEAN PERRY



Special points of interest:

- Open 5 days a week
 - 8 AM until 5 PM
 - Lunch served at 12 Noon (Must be 60 yrs. old for lunch)
 - Various activities planned each day
- Inter County Transportation available for those unable to drive

UPCOMING TRIPS AND ACTIVITIES

February 2, 2012 We are going shopping at Wal-Mart in Elizabeth City and having lunch at Dragon Buffet. We will leave the Senior Center at 11:00AM. Cost is \$3.00 Transportation fee and money for lunch.

February 14, 2012 Joe Higgs will be here to give a presentation on the Native American Flute at 11:00AM. This is a great time to come out and join others in experiencing something new and beautiful!

February 16, 2012 Alzheimer's Support Group will have their monthly meeting at 5:00PM here at the Senior Center. For further information you may contact the Senior Center at 252-232-3505.

February 17, 2012 We will be having a movie and Hot Dogs at 12:00. You must call or stop by to sign up no later than 11:00AM on Wednesday, February 15th.

February 21, 2012 PICK POCKETS! PURSE SNATCHERS! SCAM ARTISTS! They all steal your money, but investment thieves can also cheat you out of your dreams and peace of mind. The Currituck Senior Center and Albemarle Commission Area Agency on Ageing will host a "Scam Jam" from 12:00PM - 3:30PM at the Currituck Senior Center; a free presentation with lunch provided. Some of the topics will be "Investment Fraud", "Identity Theft", "Medicare Fraud", "Social Security Fraud" and "Gift Giving & Charity Fraud." These are just a few topics that will be discussed. Don't become a victim of a scam! If you wish to attend, you must call the Currituck Senior Center at 232-3505 to sign up before February 14, 2012. You may ask for Diane Bray or Stacy Joseph.

February 23, 2012 We will be going to see the "Golden Boys" at the Sandler Center. Performance by: Frankie Avalon, Fabian and Bobby Rydell. Cost is \$69.00 Ticket, \$3.00 Transportation and Money for dinner at the Olive Garden. We will leave the Senior Center at 4:00PM. Money is due no later than February 6th.

February 28, 2012 We will be going to Peppercorn's at the Beach to play Bingo and have breakfast. Cost is \$8.00 for Bingo, Breakfast and tip. We will leave the Senior Center at 8:00AM.

May 26, 2012 We will be having a Senior Yard Sale! The yard sale will be open to the public. More information will follow as it becomes available.



ORGANIZED GAMES & ACTIVITIES

HORSESHOES

Bill Freethy, Senior Games Ambassador, leads the seniors in this competitive and fun-filled game. Women and Men are invited to participate.

CANASTA

Mondays at 12:30 PM, Thursdays at 10:00 AM, and Every other Tuesday at 12:30 PM. Please check Activity Calendar for schedule.

BOWLING

Held at Albemarle Lanes in Elizabeth City. Bowling starts at 10 AM, The costs for 3 games, ball and shoes is \$6.50; which also includes coffee and donuts.

BRIDGE

Every Wednesday the Seniors host an all day bridge session.

BINGO

Played each Thursday - 11:00 AM until 11:45 AM & 12:30 PM until 2:00 PM.

MOVIES

We have a video library. Seniors can check out various DVDS and VHS Tapes. For more information on the Video Library contact Stacy Joseph, Asst. Coordinator.



QUILTING

Every Wednesday at 1 PM.

CRAFTS

Join us for crafts! Please check Activity Calendar for schedule

BILLIARDS

NEW

Women's Billiards every Tuesday at 9:00 AM.

Men's Billiards every Thursday at 9:00 AM.

Open Billiards every Friday from 9:00 AM - 12:00 PM.

SOCIAL PROGRAMS

"The center is a great place to enjoy yourself through fellowship and celebrations with other seniors of Currituck County."

BIBLE STUDY

David Sawyer teaches a bible study class every Tuesday beginning at 10:30 AM.

BELL CHOIR

Come in and sign up to be in our Hand Bell Choir. No musical knowledge required. Beth O'Shields is the teacher. They have performed at the Senior Christmas Party, Sentara Nursing Center, Currituck House, and at the Currituck Volunteer Banquet. Call or stop by for more information.



SING-A-LONG

Every Wednesday at 11:30 AM, Frieda Gurganus plays the piano and the seniors sing their favorite songs.

HEALTH & WELLNESS

BLOOD PRESSURE MONITOR

Is available Monday thru Friday during the hours of 8 AM to 4 PM at the Currituck Senior Center.

You Can also have a....

- *Blood Pressure check on Thursdays
- *Free for all Seniors
- *No Appointment Needed
- *10:30 AM to 12 Noon



TOPS

Taking Off Pounds Sensibly meets every Tuesday night at 6 pm at the Currituck Center. This is a non-profit organization and it is open to the community. The cost of the program is \$26.00 to join and a \$2.00 monthly membership fee.

Alzheimer's Support Group Meetings

Date: Every 3rd Thursday of the month

Time: 5:00 PM

Place: Currituck Senior Center 252-232-3505

Located at: 130 Community Way, Barco NC 27917.

****Our next Support Group meeting will be on Thursday,
February 16th.**

The role of the main **CAREGIVER** is often taken by the spouse or a close relative. Alzheimer's is known for placing great burden on caregivers. A **SUPPORT SYSTEM** is crucial for caregivers. A support system can help to better understand and manage your social, psychological, physical, and economic issues that can de-



- Alzheimer's is a degenerative, non-curable disease.
- In the United States, an estimated 5.4 million people are living with Alzheimer's disease.
- In 2010, 154.9 million family members and friends provided 17 billion hours of care.

LUNCH PROGRAM

Please remember that your donations make a difference! The donations we receive from Congregate meals allows us to continue to provide meals for the seniors that are home bound. Thank you!



Lunch is served Monday thru Friday at 12 noon. You must be 60 years of age or older to qualify for this program. When you want lunch you must call the center by 11:30 PM in order to sign up for lunch on the following day. When you come in you must sign yourself up for the next day. If you like, you may sign up for the entire week. If you know that you can not make it and you have signed up, please call and let us know that you will not be here and tell us

when you will be back for lunch. If you come in for lunch and you have not signed up, you will have to wait to see if we have any food left over or if anybody has cancelled for that day. You may call the day you want to come in to see if anybody has cancelled so we can give you that meal. If you have any questions concerning the lunch program please contact Diane Bray or Stacy Joseph at 232-3505.

ALL LUNCHES COME FROM THE ALBEMARLE COMMISSION AND ARE CATERED BY CANTEEN IN CURRITUCK NORTH CAROLINA.

RECIPE OF THE MONTH

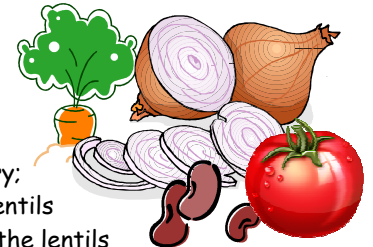
Lentils are relatively quick & easy to prepare. They absorb a variety of wonderful flavors from other foods. They are a member of the "Bean" family. Brown & green Lentils retain their shape after cooking, while others can get soft & mushy. You can make this comforting, delicious, and nutritious soup in just 1 hour!



Savory Lentil Soup

Ref: Campbell's Kitchen

- | | |
|---|--------------------------------------|
| 1 Tablespoon Olive Oil | 1 Bay Leaf |
| 1 Fennel Bulb, chopped | 8 cups Swanson Chicken Broth |
| 1 Large Onion, chopped (about 1 cup) | 1 bag (16 ozs) dried Lentils, rinsed |
| 1 Large Carrot, chopped (about 1/2 cup) | 2 cups coarsely chopped watercress |
| 1 Stalk Celery, chopped (about 1/2 cup) | Freshly grated Parmesan cheese |
| 4 medium Italian Plum Tomatoes, chopped | |
| 2 cloves Garlic, minced | |
| 1/2 teaspoon crushed red pepper | |



Directions: Heat oil in a 6-quart saucepot over Med heat. Add the fennel, onion, carrot and celery; cook until the vegetables are tender. Stir the tomatoes, garlic, red pepper, bay leaf, broth and lentils into the saucepot and heat to a boil. Reduce the heat to low. Cover and cook 25 minutes or until the lentils are tender. Discard the bay leaf. Stir the watercress into the saucepot and cook for 2 mins. Sprinkle with cheese, if desired.

EXERCISE

Each senior is requested to receive instructions on the use of the exercise equipment.

Treadmills

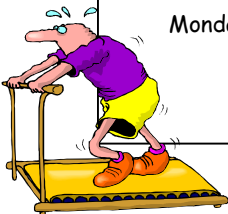
Monday through Friday 8AM-5PM

Stationary Bike

Monday through Friday 8AM-5PM

Wii Sports or Wii Fit

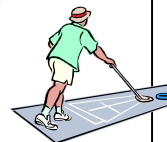
Fridays at 1:30



Game Time!

Come out and be part of fun filled, friendly competitive games!

- Shuffleboard
- Basketball
- Volleyball (as scheduled)



It is not length of life,
but depth of life.

-Ralph Waldo Emerson-





Currituck County Senior Center

Located at:
130 Community Way
Barco, NC 27917
Mailing Address:
153 Courthouse Rd., Suite 305
Currituck, North Carolina
27929

Phone: 252-232-3505
Fax: 252-453-0331
Email:
Diane.Bray@CurrituckCountyNC.Gov

▷ **Diane C. Bray
Coordinator**

Stop by and sign up to join the fun at the Senior Center!!

- Must be 55 to join (60 for lunch)
 - Games
 - Social Programs
 - Exercise Equipment
 - Trips
 - Laughter!!!

DON'T FORGET TO CHECK US OUT ON THE WEB!!

WWW.Co.Currituck.NC.us

Inclement Weather

Please note that even when Currituck county schools are closed or delayed due to inclement weather, the senior center may still be open. The Currituck County offices are separate from the school system. Please call to confirm if you think we might be closed or delayed...we are probably OPEN!!

Statement of Purpose

The Senior Center is a community focal point on ageing. 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.



"UNABLE TO DRIVE HAVE NO FEAR,
INTER COUNTY PUBLIC
TRANSPORTATION IS HERE"

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.

CURRITUCK SENIOR CENTER STAFF

Diane C. Bray, Coordinator

Stacy L Joseph, Assistant Coordinator

Beth O'Shields, Nutritional Assistant Coordinator