

**KNOTTS ISLAND SENIOR CENTER
NEWSLETTER FEBRUARY 2012**

Winter is moving right along! Here it is February already. It will soon be time to start planting that spring garden. This is one of my favorite times of year! We have lucked out so far and not had any snow, so hopefully the snow will skip us this year. That would be alright with me!

We will start this month with our Birthday Party on Wednesday, February 1st. On Friday, February 3rd, we will be having a Valentine's Day Tea. We always have a good time, so come on out at 10:00 a.m. and join us.

This year, the Currituck Tax Department will be here to list your taxes on Tuesday, February 7th. They will be here from 10:30AM to 1:00PM.

On Wednesday, February 8th, Heidi Montalbine will be here to show us how to make a Valentine's Day flower arrangement. The cost for this class is \$8.00, but if you like you can bring your own materials. You must come in or call to sign up for this class. Heidi does beautiful work with flowers!

Our Bible reading and breakfast will be on Thursday, February 9th. Later that morning at 10:30 we will be going to eat at "Margie & Rays". This is a great seafood restaurant known for their She-Crab Soup. The cost to ride the van is \$3.00. It's always fun to go out to eat. We would love to have you join us.

The movie we will be watching this month is "Anne of Avonlea". This has been a 4-part series about a young girl that grows up on Prince Edward Island in Canada. We have really enjoyed watching the first two movies. Of course we always have pop-corn along with it.

The pot-luck this month will be Tuesday, February 28th. I hope you will all come out to have some great Island food.

We are working on 2 crafts this month; making quilted placemats and making basket out of paper. We will be doing the placemats on February 6th, 13th, 15th and 20th. We will work on the baskets on February 22nd and 29th.

You will need thread, needle, and batting for the placemats. For the baskets; all you need is some medium weight paper.

The local EMS continues to help us by coming out and checking blood pressures. They are here every Tuesday from 11:00AM to 12:00PM. This is a great service that they provide for the Senior Center. I would like to invite all seniors 60 and over to come out and have lunch with us. Once you come, I know you will enjoy it. I hope to see everyone soon!

"DID YOU KNOW?!"

The Venus-Fly Trap is native to Hampstead, NC.

“VICKI’S KITCHEN CORNER”

Here is a quick biscuit recipe with cheese and sour cream. If you add about a half teaspoon of garlic powder they will be just like the ones you get at the “Red Lobster”.

ONE BOWL CHEDDAR BISCUITS

**2 ¼ c. baking mix for biscuits
½ c. cheddar cheese
¼ c. sour cream
1/3 milk**

Mix all ingredients until moistened. You can either roll these out on a floured surface or drop by tablespoon. Bake at 425 for 12 to 15 minutes or until lightly brown.

“HELPFUL HINT”

Keep a plastic container in your freezer to store small amounts of left over veggies. When the container is full you can make a wonderful pot of vegetable soup!

**“SENIOR OF THE MONTH”
JOESPH JEROME FLANNAGAN**

Joe was born on January 1, 1944 to Bertie and Romie Flannagan. He was born and raised on Knotts Island, NC. Joe married Margaret on June 5, 1965. He has three children; Faye, Wesley and Suzanne.

Joe worked at Virginia Power for many years and retired from there. Joe loves to fish and you will see him many early mornings at the bridge. This is a favorite fishing spot for many. Joe likes to carve decoys and at one time he carved hummingbirds as well. He also likes to raise ducks and chickens. He has some beautiful birds. Joe and his wife Margaret, have been volunteers for the “Meals-On-Wheels” program for many years. They are truly a blessing to the Senior Center.

“FEBRUARY BIRTHDAYS”

Larry Etheridge—02-07

Ernestine Waterfield—02-15

Jane Etheridge—02-19

Grover Lilley—02-14

Ron Johnson—02-18